This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

PRICE ONE SHILLING.

MODERN ATHLETICS.

By H. F. WILKINSON,

OF THE LONDON ATHLETIC CLUB.

LONDON:
FREDERICK WARNE & CO.
BEDFORD STREET, COVENT GARDEN.
NEW YORK: SCRIBNER, WELFORD, AND CO.

FREDERICK WARNE & Co.,

PUBLISHERS.

WARNE'S COMPANION LIBRARY.

Under this general title will be issued, at intervals, a NEW SERIES OF CHOICE NOVELS, well printed, on good paper, in a clear type, with wrapper, or bound, with illustrated cover.

Price ONE SHILLING each (unless specified).

1. THE SUTHERLANDS.
2. RUTLEDGE.
3. CHRISTINE.
4. FRANK WARRINGTON.

BY THE RIGHT HON. B. DISRAELI, M.P.

6. YOUNG DUKE.
7. TANCRED.
8. VENETIA.
9. CONTARINI FLEMING.
10. CONINGSBY.
11. SYBIL.
12. ALROY.
13. IXION.
14. HENRIETTA TEMPLE.
15. VIVIAN GREY.

18. MY AUNT PRUE'S RAILWAY JOURNEY. By Mrs. GASCOIGNE.
19. LORD LYNN'S WIFE. By Author of "Lady Flavia."
20. SYLVESTER SOUND, the Somnambulist. 2*s.*
21. ZOE'S BRAND. By the Author of "Recommended to Mercy." 2*s.*
22. OLIVE BLAKE'S GOOD WORK. By J. C. JEAFFRESON. 2*s.*
23. FOOTPRINTS ON THE ROAD. By C. KENT. 2*s.*
24. TOM CRACKENTHORPE'S HUNTING ADVENTURES.
25. PARIS AND LONDON: Humorous Sketches. By ALBERT SMITH.
26. LOVE MATCH. By Author of "Valentine Vox." 2*s.*
27. The SAUCY ARETHUSA. By CAPT. CHAMIER, R.N.
28. The NIGHT FOSSICKERS, &c. (Australian Tales.)
29. WALTER GORING. By ANNIE THOMAS. 2*s.*
30. ON GUAR[illegible] 2*s.*
31. DOCTOR [illegible] of Life. By M. M. BELL[illegible]
32. *SIR HARR*[illegible]S. By R. ST. J. CORBET.

Frederick Warne & Co., Publishers.

NEW READY REFERENCE BOOKS.

In crown 8vo, price 3s. 6d., cloth extra, 344 pp.,

OUR CONSTITUTION,

AN EPITOME

OF OUR CHIEF LAWS AND SYSTEM OF GOVERNMENT;

WITH AN INTRODUCTORY ESSAY.

By ALEX. CHARLES EWALD, F.S.A.,

Of Her Majesty's Record Office.

In crown 8vo, price 2s. 6d., cloth, Postage 2d.,

THE CIVIL SERVICE GUIDE,

BY HENRY WHITE, B.A.

With Directions for Candidates, Examination Papers, Standards of Qualification, Amount of Salaries, and all necessary Information for those seeking Government Employment. The Eighth Edition, revised from the latest authorities, by ALEXANDER C. EWALD, Esq., of Her Majesty's Record Office, Author of "OUR CONSTITUTION," "REFERENCE BOOK OF ENGLISH HISTORY."

In crown 8vo, price 3s. 6d., cloth, Postage 3d.,

A

REFERENCE BOOK OF ENGLISH HISTORY,

Containing Tables of Chronology and Genealogy, a Dictionary of Battles, Lines of Biography, and a Digest of the English Constitution, from the Invasion of Julius Cæsar to 1866.

By ALEXANDER C. EWALD, Esq.,

Of Her Majesty's Record Office, and Editor of "THE CIVIL SERVICE GUIDE."

Bedford Street, Covent Garden.

Frederick Warne & Co., Publishers.

In large crown 8vo, price 16s., cloth, gilt top, 1100 PAGES,

TOWNSEND'S MANUAL OF DATES,

A DICTIONARY OF REFERENCE

TO ALL THE MOST IMPORTANT EVENTS IN THE HISTORY OF MANKIND.

In this completely New Edition, which is intended to be the Standard Work on the subject, the number of original articles has been increased from 7,383 to 11,045, the whole Work completely remodelled, every date verified, and every subject re-examined from the original authorities.

In crown 8vo, price 10s. 6d. cloth, new style,

DOMESTIC MEDICINE AND SURGERY,

BY J. H. WALSH, F.R.C.S.,

ILLUSTRATED WITH FORTY-FOUR PAGE ENGRAVINGS, SIXTEEN PRINTED IN COLOURS, BY EVANS.

General Heads of the Contents:

Laws which Regulate Health and Disease.
The Elementary Forms of Disease—Their Causes and Symptoms.
The Methods Employed in the Removal of Disease.
Therapeutics.
The Practical Application of the Principles of the Healing Art.
The Management of Children in Health and Disease.
Domestic Practice of Medicine and Surgery in the Adult.
Glossary and Index.

Bedford Street, Covent Garden.

MODERN

ATHLETICS.

By H. F. WILKINSON,

OF THE LONDON ATHLETIC CLUB.

Ἅλμα, ποδωκείην, δίσκον, ἄκοντα, πάλην.

LONDON:

FREDERICK WARNE AND CO.

BEDFORD STREET, COVENT GARDEN.

NEW YORK: SCRIBNER, WELFORD AND CO

1868.

268. c. 79.

LONDON:
SAVILL, EDWARDS AND CO., PRINTERS, CHANDOS STREET,
COVENT GARDEN.

TO THE

LONDON ATHLETIC CLUB

This Work is respectfully Dedicated,

WITH THE AUTHOR'S BEST WISHES FOR A CONTINUANCE OF THAT SUCCESS WHICH HAS, FOR MANY PAST SEASONS, ATTENDED THEIR EFFORTS IN SUPPORT OF ATHLETICS.

PREFACE.

THE issue, for the first time, of the present work, requires a few words of explanation. Athletic sports have rapidly spread throughout the length and breadth of the United Kingdom during the last few years; whether for good or for evil it is not within the author's province to discuss, further than this, that the fact itself would seem to carry with it its own justification. General acceptance is sufficient recognition of the need and of its supply, or at least may prove the author's justification for the present compilation.

In order that he may not be accused of plagiarism, it should be mentioned that the first chapter, on "Ancient Athletics," had previously been written by him for another publication, and he trusts that its reproduction, if only for the sake of comparison, with some slight additions, may not be out of place here in a work professedly on modern pursuits. The chapter on the "Rise and Progress of Modern Athletics" has been compiled from information found in files of *Bell's Life in London*, and is believed to be in the main part correct, although a few chronological errors may doubtless have crept in. The observations on "the Management of Athletic Meetings" are in some measure derived from personal experience, and will perhaps prove useful to provincial committees desirous of instituting athletic gatherings. The regulations in this chapter are chiefly founded on a set of rules originated by the West London Rowing Club, and the conditions in force at the Amateur Athletic Club competitions. For training, the chief works consulted have been "Training in Theory and Practice," by A. Maclaren; "Training for Pedestrianism, &c.," by C. Westhall; and "Hints on Training," by J. G. Chambers. To these authors I desire to express my many obligations and warm acknowledgments. A large mass of University and Public School statistics had been collected, but want

of space at the last moment precluded their insertion. Of metropolitan meetings preference has been given to those of the West London Rowing Club, the first to hold athletic sports in London. The tables of the best performances on record have been carefully compiled from files of *Bell's Life in London*, with one or two exceptions. It was found absolutely necessary to select some authority as a standard, and that journal was accordingly chosen as the oldest reliable chronicle of pedestrianism. The statistics of the fastest amateur times have been compiled with the greatest possible care. A figure makes but little show in print, but the discovery of that figure, the testing, the confirmation or correction of it, involves much search and patient investigation. At provincial meetings instances are constantly occurring of amateurs *being said* to have run 100 yards in 10 seconds; but it will be almost invariably found on close inquiry either that the course is down hill, the distance is short, the "clocker" a tyro at his work, or else that a very strong wind blew in the rear of the runner. The Author firmly believes that there are not two amateurs now alive who could run 100 yards in such time on a path as level as a billiard-table and on a perfectly calm and favourable day. Provincial committees, who are naturally and properly proud of the feats they record, must recollect that to correctly obtain the fastest times on record requires a long series of arithmetical calculations, in order to compare the times and distances of all the races a man has ever run. No pedestrian, either amateur or professional, ever attains the top rung of the ladder at one step; and when a man is said to have done "the fastest time on record," the only method of proving the truth of the assertion is to look up all his previous performances.

In conclusion, the Author offers his best acknowledgments to the Editors of *Bell's Life in London* and the *Sportsman*, for the assistance received in compiling the table of fastest professional running times; and to those amateurs who kindly forwarded particulars of their age, height, and weight, which have not been published in cases where any gentleman desired they should be withheld.

H. F. WILKINSON.

53A, PALL MALL, LONDON,
September 30, 1868.

CONTENTS.

CHAP.		PAGE
I.	ANCIENT ATHLETICS	1
II.	THE RISE AND PROGRESS OF MODERN ATHLETICS	11
III.	ON THE MANAGEMENT OF ATHLETIC MEETINGS .	15
IV.	REVIEW OF THE ATHLETIC SEASON OF 1867-8 .	25
V.	TRAINING	70
VI.	WALKING	80
VII.	RUNNING	84
	SECTION 1. Sprint running	84
	„ 2. Medium distances	85
	„ 3. Long distances	85
VIII.	JUMPING	87
	SECTION 1. High jumping	87
	„ 2. Wide jumping	87
	„ 3. Pole jumping	88
	„ 4. Hurdle racing	88
IX.	THROWING THE HAMMER AND PUTTING THE WEIGHT	89
X.	STATISTICS	91
	SECTION 1. Oxford and Cambridge Universities	91
	„ 2. List of Gentlemen Amateur Champions	95
	„ 3. West London Rowing Club . .	97
	„ 4. London Athletic Club	100
	„ 5. Thames Rowing Club	102

CHAP. PAGE
XI. BEST PERFORMANCES ON RECORD 111
SECTION 1. The "Captain Barclay" feat . . 111
„ 2. Fastest walking times on record 113
„ 3. Fastest running times on record 115
„ 4. Best amateur jumps on record . 119
„ 5. Best amateur performances at throwing the hammer and putting the weight 120

MODERN ATHLETICS.

CHAPTER I.

ANCIENT ATHLETICS.

THE term "Athletic *Sports*" is altogether of modern date; it would not have been understood by the ancients; to them gymnastic exercises were no pastime, but a serious and important part in the training of youth. The whole education of a Greek had three divisions—letters, music, and gymnastics—but these last occupied as much time and labour as the two others put together; indeed, at a certain period of life those ceased, and gymnastics alone continued to be practised, not only in youth but in adult and mature age, the exercises being adapted to the strength and years of the exercised. Greek physicians and philosophers were alike convinced of the intimate connexion between body and soul; their faith was muscular, the chief article being that physical and mental health went together. That their creed was not unsound, the result has proved; for while the body received from these exercises that beautiful development which has made Greek art a pattern to all succeeding generations, so, if not in consequence of these exercises, at least in connexion with them, the triumphs of the Greek intellect have been no less, and perhaps even more predominant.

Taking gymnastics in its comprehensive classical sense, it may be divided into the agonistic and the athletic arts; the former was pursued for the purpose of improving their *health and* bodily strength by those who, though

they sometimes contended for prizes in the public games, did not, like the athletes, devote their whole lives to the preparation for these contests. In fact, the one was an amateur, the other a professional. But in early times, as in the present, there were persons of considerable political and social importance who obtained prizes at the national games, but who did not follow athletic exercises as a profession. Thus we read in the eighth book of Herodotus, in his enumeration of the naval forces at Salamis, that of the nations resident beyond the river Acheron, the Crotoniatæs were the only people who, when Hellas was in danger, came to her succour with one ship, whose commander was Phaÿllus, and he was thrice a Pythian victor. But as the preparation for these contests involved more and more extraordinary efforts, it was found that a severe and exclusive course of training was necessary to insure any chance of obtaining victory. Hence arose a class of men, the professional athletes, who in the latter and more degenerate days of Rome alone contended in the public games, while the spectators enjoyed the easy luxury of a self-indulgent criticism. This was the division of the exercised.

Of the exercises themselves there was a distinction between the pancratium and the pentathlon, though both were events common to the gymnasium and the great religious festival games. The former was more akin to our boxing and wrestling combined, a violent and hard exercise, which does not now enter into athletic sports, but is confined to professionals and the prize ring, and therefore needs no description here. There were also, on the one hand, in the national games, chariot and horse races (with which, not being bodily exercises, we do not conceive ourselves to be concerned); and on the other, in the gymnasia, boyish sports, such as ball playing, boys pulling at the two ends of a rope ("French and English"), top spinning, playing at "dubs," and the like, which are also foreign to our subject. We will therefore direct our attention to the pentathlon, as more nearly corresponding to "athletic sports" as now understood, both in its own nature and in the position, as gentlemen, of those who practised it in old time, and who, we hope, will not cease to practise its corresponding equivalents now.

The pentathlon consisted of five distinct kinds of games, viz.:—Leaping (ἅλμα), foot race (δρόμος), disc-throwing

(δίσκος) spear-hurling (ἀκόντιον), wrestling (πάλη). In their entirety, in their performance on the same day and in a certain order by the same athletes, they belong to the time in which the great national games of Greece were instituted, though different parts of the course are mentioned in early times as being practised by the old heroes.

How these acted, how they felt, what they said, how they amused themselves, their public and private life, all this and much more is pictured in the marvellous verse of him whom the epigrammatist well calls—

ἀνδρῶν ἡρώων κοσμήτορα, θεῖον Ὅμηρον.

We have in later writers dry disconnected facts on which staticians feed, but for life portraits of character and manners, for the thing itself producing in us the emotions which it produced in those that did and saw it, we must go back to the "sweetest of bards, the blind old man who dwelt in craggy Chios." He, we may be sure, reproduces to us the fashion of his own age. No matter what persons or places he describes, the names are nothing. Phæacia may be Utopia, Odysseus may be Utis, which

"Forms of things unknown, the poet's pen
Turns into shape."

Homer, like Shakspeare, drew his materials—whatever "tricks strong imagination" played with them—from what passed around him; and though his heroes may bear old Trojan or Argive titles, yet he had associated with them all, had sung his hymns in the hall of Alcinous, and, blind though he was, had witnessed the Phæacian games. Regarding, then, his poetry as cotemporary history, we find that of the pentathlon, boxing, wrestling, leaping, and running are the four classes enumerated by Alcinous (Odyssey VIII., 103), as practised by the Phæacians:—

Περιγίγνόμεθ' ἄλλων
Πύξ τε, παλαισμοσύνῃ τε, καὶ ἅλμασιν, ἠδὲ πόδεσσιν.

Boxing, wrestling, running, archery, and spear-throwing were the challenges which Odysseus gave the Phæacians, and which were declined by them, after they had proof of his disc-hurling powers. (Odyssey VIII., 205, &c.)

Leaping was one of the most prominent parts of the pentathlon, as it is one of the chief events in our modern games; but it seems to have been practised then in a somewhat different manner. We do not know that there are

any records of the "long jump," the "high jump," or the "hurdle jump." The ancients seem to have leapt with masses of metal (ἁλτῆρες, *graves massæ*), something like our dumb bells, in both hands, though probably this was not the earlier practice. In the account of the Phæacian games (Odyssey VIII.), Amphialus is said to have been far the first; but, very provokingly, it is not reported whether it was the "high jump," or whether he reached 5ft. 9in., as Messrs. Little and Roupell, of Cambridge University, did at the champion meeting of the Amateur Athletic Club on March 23rd, 1866.

The foot race.—There were diversities in this: either the simple foot race (δρόμος), in which the performers went in a straight run from the starting-post to the goal; or the double foot-race (δίαυλος δρόμος), in which the goal was rounded, and the starting-point was also the winning-post; or the race of the heavy armed (τῶν ὁπλιτῶν δρόμος), in which the runners were in panoply. This last is something for our volunteers, in full marching order, to look forward to. In the Phæacian games (Odyssey VIII.) the course seems to have been a straight one, and the "blameless Clytonéus" was the victor, the rest were nowhere, the difference being represented as that in the speed of mules against oxen in ploughing a furrow—an agricultural comparison not probably appreciated at Beaufort House, but well understood by any heavy-land farmer, if horses be substituted for mules. The race in the funeral games at the tomb of Patroclus (Iliad 23) was the δίαυλος, and, as usual, Ajax's luck was bad; he would have been the victor, but for the help which the goddess Athené somewhat unjustly gave Odysseus. The foot-race in the fifth book of the Æneid, except so far as it is a mere copy of the games in the twenty-third Iliad, is after the manner usual in Virgil's own days in the circus at Rome; as the *Ludus Trojæ* (revived and celebrated by Augustus) in the same book, was described by Virgil under the form of an equestrian exercise, in which Ascanius and a certain number of selected Trojan boys exhibit the evolutions of a mock battle.

The disc-throwing has no exact parallel in modern times, though putting the weight or throwing the hammer is *ejusdem generis*. This has been termed by some among ourselves an "ungraceful and unmeaning effort;" but disc-throwing was especially lauded among the ancients. It was practised in the heroic age. Whilst Achilles continued still

wrathful, and lay in his dark sea-traversing ships, muttering wrath against Agamemnon, and while his horses were eating their heads off on trefoil and parsley, his forces amused themselves with disc-throwing and dart-hurling (Iliad II., 774). Something more than a disc—a rudely molten mass of iron which the great might of Eëtion used to hurl—Achilles (Iliad XXIII.) proposed as the projectile at the funeral games in honour of Patroclus, when Epëus got laughed at; but Polypætes cast it as far as a cowman can throw his crook, however far that may be. It was also the game in which Odysseus, without taking his coat off (*αὐτῷ φάρει*), and with a disc bigger, thicker, and stouter than those puny ones which the Phæacians used, far surpassed all his competitors, who had been most impudently chaffing him. But then it must be remembered that he had the goddess Athené for a marker, which was hardly fair. (Odyssey VIII. 186, &c.)

"Then, mantled as he was, he rushed in rage
And seized a huge round discus, heavier far
Than that wherewith Phæacian youths engage,
And whirled it once, and launched it in the air.
Sang the great stone and the Phæacians there,
A ship-framed people, masters of the oar,
Crouched to the earth beneath the booming blare.
Lightly it darted from his hand, and bore,
Steady in flight, right on, surpassing every score."

Worsley.

It could have been wished that the weight of the disc had been given, and that Athené had been provided with a measuring tape. As it is, we are again unable to compare ancients and moderns. The distance to which the disc was commonly thrown became a measure of length, and was called *τὰ δίσκουρα*. Thus in the games at the tomb of Patroclus, the chariots of Menelaus and Antilochus ran abreast (Iliad XXIII., 431 and 523).

"Far as a discus' flight, by some stout youth,
That tests his vigour, from the shoulder hurled,
So far they ran together, side by side."

Lord Derby.

Again,

"So far was Menelaus in the rear
Of Nestor's son; at first, a discus' cast
Between them lay."

Lord Derby.

The disc-thrower stood on a raised platform (*βαλβίς*), with the right leg, bearing all his weight, forward; the disc, ready to be delivered, in the right hand, which was thrown back. This attitude, which was represented by the sculptor Myron, is selected by Quintilian as evidence of the greater effect produced by a figure in action as compared with one at rest. We possess in the British Museum a copy of this celebrated statue. The player is ready to swing round his outstretched arm, so as to describe a semicircle, at the end of which the disc will be delivered at an angle of about 45 deg., the athlete springing forward at the same time. The contest was still more unequal when a god entered the lists in his own person, and not merely as partner and marker to a competitor. Hyacinthus found this to his cost in his trial with Phœbus (Ovid, Met. X.). Both stripped (*corpora veste levant*), and the god had the first throw, he cleft the clouds, and showed no less skill than strength (*exhibuit junctam cum viribus artem*). The mortal ought to have kept a respectful distance till the projectile had settled down; but, in his eagerness to have his turn, he hastened to pick up the disc, which rebounded from the ground, struck him in the face, and killed him.

"Protinus imprudens actusque cupidine ludi
Tollere Tænarides orbem properabat; at illum
Dura repercussum subjecit in aëra tellus
In vultus, Hyacinthe, tuos."

Ovid, Met. X. 182.

However, the god made what amends he could for the accident, and those florists who rejoice in Hyacinths and Hyacinth shows have no reason to complain.

"Celebrandaque more priorum
Annua prælatâ redeunt Hyacinthia pompâ."

Ovid, Met. X. 218.

To the spear-hurling we have no modern parallel, without we choose to accept throwing the cricket ball as such. Archery would be the nearest approach, but can hardly be said to enter into modern athletic sports. Here also Odysseus was eminent (Odyssey VIII., 229), boasting, not without reason—

"Also this hand so far can hurl the spear,
That none with arrow may the score exceed."

Worsley.

Wrestling, also no part of the modern, was a distinc-

tive feature of the ancient pentathlon. Indeed, so important was it, that in its wider sense the word *πάλη* (wrestling) embraced all gymnastic exercises, and the schools of the athletes were called *palæstræ*. Homer has two beautiful descriptions of wrestling matches. One in the twenty-third Iliad, so often referred to, in which the mighty Telamonian Ajax and wise Odysseus contend. Their backs creaked, the perspiration ran down, purple welds arose on their sides and shoulders, all in vain, neither could throw the other, though Ajax was very near it after his invocation of Jove. But Odysseus was too much for Ajax and Jove together. The other description is in Odyssey VIII., 159. In the Phæacian games Euryalus surpassed all his countrymen in wrestling; and presuming on his easy victory over them, must needs jeer at Odysseus—

> "Now am I, stranger, not at all inclined
> To judge thee versed in wrestling and the race,
> Or games that are in vogue among mankind.
> Thee, rather with the ship-frequenting kind
> Of traders, overseers of merchandise,
> Whose talk is of cargoes, and their mind
> Dreams of unjust gains, and doth bargains prize,
> I class with athletes not, if I may trust my eyes."
>
> *Worsley.*

He soon, however, "caved in," on proof of the stranger's prowess in throwing the disc.

Of these games the foot-race seems to have been coeval with the institution of the Olympic Games themselves, or, at least, with their use as a chronological æra, when Coroebus conquered in the foot-race, B.C. 776. Indeed, the *δρόμος* was the only contest during the first thirteen Olympiads. The *δίαυλος* (in which the course was traversed twice) was introduced in Olympiad XIV.; wrestling and the pentathlon generally, in Olympiad XVII.; boxing, in Olympiad XXIII.; and the pancratium in Olympiad XXXIII.

How the victory was determined in some of the athletic games of the ancients it is not easy to say. In leaping, racing, throwing, decision was easy, even if several athletes competed. But in wrestling no more than two persons could be engaged together at once. Did the victors in the several pairs contend together at last? But how was the prize awarded in the whole pentathlon? Was a man ex-

pected to be a victor in each event? It is something fearful to think of, and yet a passage in Herodotus (Book IX., chap. 33) seems to look that way. The father of history, in his pleasant gossiping style, tells there a story of Tisamenus, who at Platæa was the divine officiating on the Grecian side. The Pythian oracle told him that he should win five great contests. He naturally took this to mean the pentathlon, and accordingly trained hard. He would have gained the Olympic prize had he not been beaten in the wrestling by Hieronymus. So he missed it by one, as Herodotus says, *ἀσκέων δέ πεντάεθλον, παρὰ ἓν πάλαισμα ἔδραμε νικᾶν Ολυμπιάδα.* This is one of those "nuts to crack," which examiners are fond of giving in the Oxford Schools.

The ancients trained hard, and held the relation between medicine and gymnastics to be so close, that the one was as necessary to cure disease as the other was to preserve the health. Hence Gymnasia were dedicated to Apollon, the god alike of the healing and the fine arts. The directors of these establishments practised as physicians, while the subordinate attendants were "dressers," both alike deriving their occupation and their skill from their experience. One noted character (Herodicus) is celebrated by Plato as combining in his own person the three allied professions, as they were then considered, of sophist, gymnasiarch, and physician; and, like fashionable doctors among ourselves, he sometimes severely tried the confidence of his patients, if he did not abuse it, when he tested their training by prescribing a walk from Athens to Megara and back again, a distance of more than twenty-four English miles, without resting. Indeed, malicious people said he killed the weak and feverish by his strong remedies, violent exercises, and dry rubbing. The regular practitioners stigmatised him as an "advertiser" and a quack. Certain it is that he was successful in dealing with cases—his own included—beyond their skill. The story is that "enjoying" (as honest country folk say) bad health, he tried gymnastics on himself, and, perfectly succeeding, proceeded to practise on others. The college of physicians of that day were the Asclepiadæ, the professional descendants of Æsculapius, "the blameless healer" (*ἰητὴρ ἀμύμων*) of Homer, whose father (later legend said) was Apollon, and whose sons, Machaon and Podalirius, were army surgeons before Troy. Herodicus inter-

fered with this divine right of doctoring, and accused the "regulars" of neglecting the science of medical dietetics. His method was, as with other reforms, adopted after a time and improved by the faculty; so that we find Hippocrates assuming to himself the glory of having perfected and reduced training to a system not very different from that which was recently in use among ourselves. These reforms were rubbing or chafing to bring down excess of flesh, and to harden that which remained; walking, either on the round or straight course; arm exercises, preparatory to the more serious work of the palæstra; mock-wrestling with the hands only, without closing; and regular motions of the arms and body, which appear to have been like our dumb-bell exercises, and do not properly belong to gymnastics.

The gymnasium was not a Roman institution, and though the agonistic art was practised at an early time in the *Ludi Maximi*, yet it was of Grecian origin. Indeed, the regular training of boys after the Greek fashion was opposed to Roman habits, and held in contempt. Towards the end of the Republic, indeed, wealthy Romans, who had acquired by residence, in Greece or otherwise, a taste for Greek manners, used to attach to their villas places for exercise (*gymnasia, palæstræ*, or *gestationes*), just as an English country gentleman erects a billiard-room; yet these never made gymnastics popular among the people, who preferred being spectators, in magnificent thermæ, amphitheatres, and other colossal buildings, of the contests of professional gladiators in the cruel arena.

In one respect our position is like that of the Romans. Athletics are not indigenous with us. Let us guard against that decline which is too apt to set in with luxury and refinement, which happened to the Greeks and Romans, when idle loungers, instead of trained youth, frequented the gymnasia, when the hard work was handed over to hired professionals, and when the excitement was in betting and gambling on the efforts of others, without any personal emulation. The gymnasia thus lost their character as institutions for physical and mental training, and became mere cock-pits and prize-rings. *Absit omen.* The case was far different in the best times of classical antiquity. Those athletes who conquered in any of the great national games of Greece received the highest honours and rewards. They were considered to confer a glory on the state to

which they belonged; they entered their native cities in triumph through breaches made in the walls;—thus finely intimating that the state which possessed such citizens needed no other defence. They received also substantial rewards; were relieved from the payment of taxes; enjoyed the seat of honour at all public games; their statues were erected at the public cost; and their praises were sung by poets. "There is no greater honour for a man during his life," says Homer, "than that he should be accomplished in the use of his hands and feet;" and when Euryalus hurled his severest taunt at Odysseus, he told him "that he was a 'city man,' and not like an athlete." (Odyssey VIII., 147 and 148.)

Long may our gentlemen glory in personal prowess by land and water. They have one sanctifying influence which the Greeks and Romans wanted. No women were permitted to be present in the gymnasia, or even to cross the river Alpheus during the celebration of the Olympic Games, under penalty of being hurled from the Typæan rock; whereas now our athletics are all honoured by the sanction and plaudits of the fair, as in the tournaments of mediæval times.

CHAPTER II.

THE RISE AND PROGRESS OF MODERN ATHLETICS.

A PERIOD of many centuries is passed over before any revival of the Agonistic, or amateur branch of Athletics, is found in recent times. The first instances of them, as far as they come within my purpose, occurred at the Royal Military College, Sandhurst, and at our great public schools. We have every reason to believe, from the testimony of an old cadet, that half-yearly meetings were founded as annual institutions as far back as 1812, though unfortunately no record is extant of them at that early date. In 1837 the celebrated "Crick Run," so well described in "Tom Brown's School Days," was founded at Rugby; and I find accounts of the Shrewsbury School Hunt since 1842.

In 1845, an annual steeplechase, scurry, and hurdle races were held at Eton; but I have no certain knowledge that this was the first year. These, however, did not constitute any regularly organized meeting, but were held at various periods of the year. In 1846 an annual steeplechase was inaugurated at Shrewsbury Royal School, followed by the "May Races," the first record of which I find in 1852. In 1849 the Royal Military Academy, Woolwich, held its first meeting, mainly through the exertions of Colonel Eardley Wilmot, R.A. These sports were continuous down to 1853, when a break was caused by the Crimean War and Indian Mutiny. In 1862 they were again revived by Messrs. Awdry, Beaver, Kennedy, and other Old Cheltonians who had not lost that love of athletics so well fostered at their school. Harrow, ever famed for its hurdle racers, started competitions of that nature in 1853, which included races open either to the whole school or restricted to boarding houses, the minor events sometimes extending over several weeks. About this time Addiscombe and Haileybury were not

behindhand; but as they have now ceased to exist, I do not consider them within my sphere.

At the two Universities there were no athletic sports of any description until 1852, when Exeter College, Oxford, took the initiative and held a meeting, which has since been repeated annually. In 1856, and even in 1858, *Bell's Life*, in its reports of these sports, styles them "rural and interesting revels," and again "a revival of good old English sports."

The first athletics at Marlborough College were in 1851, when a mile race, and a shorter one for boys under fifteen, were run on the turnpike road. In the following year the half-yearly Marlborough meetings, so well described by "Teddington" in *Bell's Life* of the period, were founded, and continued down to 1862, since when they have been annual only. To Cheltenham, however, beyond a doubt, must be assigned the merit of founding Public School meetings on a large scale, with a commodious grand stand for ladies, printed programme, roped and staked course, and thoroughly organized in all other respects. The credit of setting an example now so universally followed in all other large schools, must be ascribed to the Rev. T. A. Southwood, then, as now, the head-master of the Civil and Military Department at Cheltenham College, and to whom the College, in this as well as in its studies, owes a debt which can never be repaid. On October 22, 1853, the first Cheltenham meeting was held, and we read that the old fives courts, now in the quadrangle, were fitted up as a grand stand for the ladies, there being then no chapel to impede the view. Since the above date the meetings have been held every successive spring in regular order, and not as at other schools, where the races were occasional and unaccompanied by any public demonstration.

Durham University held a meeting in 1852, but no evidence has been found that it was continued annually. At the Universities, Exeter College, Oxford, was all alone till 1855, when mention was first made of any sports at Cambridge; St. John's College and Emmanuel taking the lead. At Oxford, Balliol, Wadham, Pembroke, and Worcester followed the example of Exeter in 1856; Oriel in 1857; Merton in 1858; Christ Church in 1859; and in 1861 separate College meetings had become general. At the close of 1860, the Oxford University Sports, open to all undergraduates, owed their foundation to the exertions

of the Rev. E. Arkwright, late of Merton College. At Cambridge the University sports had already been founded in 1857, but annual meetings of the separate colleges were not frequent, as at the sister university, till 1863. In 1857 we find annual sports at Trinity College, Dublin, but cannot discover their existence previous to that date.

Rugby improved on the "Crick Run" and "House Leaping," by instituting regular sports in 1856, and an annual steeplechase in honour of "Tom Hughes" and "Tom Brown's School Days" in 1858. Winchester began in 1857; and the two Metropolitan Public Schools, viz., Westminster and Charterhouse, old opponents in the cricket-field, entered the arena simultaneously in 1861.

The modern athletic era in the metropolis commences at this time. The initiative in London, with the exception of the Honourable Artillery Company's sports, was undoubtedly taken by the West London Rowing Club in the winter of 1861-62. This club instituted athletic meetings as a subsidiary sport during the rowing recess, at a time when such gatherings were quite unknown in the metropolis. It was said such meetings would never answer; that men who trained hard throughout the rowing season required to rest in the winter, and that incessant training all the year round was injurious. The first spectators came to jeer, but remained to applaud, and went away very strongly possessed in favour of athletics. These winter meetings have been held ever since with great success; and now there is no metropolitan rowing club of note which has not followed in the footsteps of the West London.

In June, 1863, the Mincing Lane Club, now the celebrated London Athletic Club, was formed by several gentlemen connected with the colonial trade.

About this time and during the preceding years, frequent desire was from time to time expressed through letters and suggestions in *Bell's Life* for the foundation of the Oxford and Cambridge sports. But whether because there was then no easy means of railway transit between Oxford and Cambridge, as the Bletchley junction route was not completed, or from other causes, nothing was settled till 1863. In that year some Oxford and Cambridge sports had been arranged to come off at Cambridge during Whitsun week; but in *Bell's Life* for May 10th, 1863, I find a letter from H. G. Kennedy, Esq., Hon.

Sec. to Cambridge University Athletic Association, regretting that the sports had been prevented by a disinclination on the part of the Oxford gentlemen to engage in a contest during the summer term. Thus the institution of these sports fell through, but fortunately only for a short time, as in the spring of the following year the first meeting was held. Cambridge formed a University Athletic Association, afterwards called a club, the committee consisting of a representative from each college, in 1863, if not earlier. Oxford did not follow this example till June 9th, 1866.

Within the last two years athletic meetings have become general throughout the kingdom. They have extended even among the English residents on the Continent and in the colonies. Eton adhered to her original stray steeplechases and the like till 1864; and Harrow made no reform till 1866, when she held her first regularly-organized meeting. The members of her Majesty's Civil Service, in 1864, were the first who introduced Beaufort House, Walham Green, into prominence as a good spot for amateur meetings. Their *réunions* have certainly, to say the least, been as successfully conducted and as numerously and fashionably attended as any others in the metropolis. Since then Beaufort House has been patronized by nearly all the present metropolitan athletic clubs. Of these the Amateur and London Athletic Clubs are the most celebrated. The former holds an annual champion meeting, and has succeeded in bringing the best amateur talent of the day to the post. There are also numerous meetings in the provinces, especially at Birmingham, Manchester, Liverpool, Sheffield, and Newcastle: in fact, there is scarcely a cricket or foot-ball club throughout the kingdom which does not now hold its annual athletic meeting.

CHAPTER III.

ON THE MANAGEMENT OF ATHLETIC MEETINGS.

THE rapidity with which athletic meetings are being multiplied wherever the English tongue is spoken, calls for a few directions regarding the proper management of such sports. To those who have never yet initiated events of the kind, I trust my remarks may prove useful; while to many societies who, so to speak, make athletics their business, some new arrangement worthy of adoption may perhaps be suggested.

It must be borne in mind that the chief element in the success of metropolitan athletic meetings is due to the example set by the West London Rowing Club. They have consistently thrown open to public competition their most valuable prizes, and have also, by a series of admirable handicaps, shown the feasibility of extending to *all comers* an equal chance in "open events." The success, indeed, of this, the London, the Amateur, and the University Athletic Clubs, has indeed given a certain tone to athletic sports which was long wanted.

Committee, or Stewards.—The first proceeding should be to procure the names of those who have an aptitude for carrying arrangements to a satisfactory issue. Those who may be elected stewards for the meeting should guarantee its expenses, and endeavour to supplement its funds by obtaining offers of prizes from their friends, or at least some assistance in this direction. The events should then be fixed on as the resources will allow; the chief race, being thrown open to all properly qualified amateurs, should of course possess as its award the best prize that circumstances will permit. These preliminary steps having been taken, the following hints may suffice.

Secretary and Entries.—The firstnamed should receive the names and entrance fees of those who may be desirous of competing, and be careful to forward them full particu-

lars as regards the times of starting the various races, advertise the meeting well, and give every information that may be required. No entries should be accepted unless accompanied by the amount of the entrance fees, and a statement of the competitor's colours. In the case of open contests great care must be taken that none but those of "gentlemen" amateurs be accepted. The Amateur Athletic Club definition of a gentleman amateur is—"Any gentleman who has never competed in an open competition or for public money, or for admission money, or with professionals for a prize, public money or admission money, and who has never at any period of his life taught, pursued, or assisted in the pursuit of athletic exercises as a means of livelihood, or is a mechanic, artisan, or labourer." The following definition, similar to that of Argonaut in his work on "Rowing and Training," is more general and comprehensive—"*Gentlemen* amateurs must be officers of H.M. Army, Navy, or Civil Service, members of the Clerical, Medical, or Legal professions, of the universities of Oxford, Cambridge, Dublin, London, Durham, Edinburgh, Glasgow, St. Andrew's, or Aberdeen, and the Queen's Colleges in Ireland; of Charterhouse, Cheltenham, Eton, Harrow, Marlborough, Radley, Rugby, Shrewsbury, Westminster, Winchester, or other public schools, or of R.M. Academies of Woolwich or Sandhurst, or of some established athletic, cricket, or rowing club composed of *bonâ fide* 'gentlemen,' and not of tradesmen, labourers, artisans, or working mechanics." No competitor should be allowed to enter under a false name, and the committee should reserve to themselves the right of refusing any entry.

The Course.—If on turf, this should be roped and staked, or otherwise marked with small flags not more than a foot square. There should be a straight run in of at least 100 yards, for a sprint race does not admit of turning. Wherever possible, a regularly-made running-path should be chosen as the scene of contest, since such a course conduces to much quicker times being made, and a more accurate measurement of distances. The best turf course I have ever seen is the Richmond (Surrey) Cricket Club one in the Old Deer Park; it is perfectly smooth and fairly level. In handicaps the start allowed each competitor should be notified by a card, with the distance allowed clearly defined thereon, inserted in a small split

stick, placed on the edge of the running-path. For sprint races, the course to be kept by each competitor should be divided by pegs and ropes about two feet above the path, and at least four feet apart. The best sized lap for a course is a quarter mile one, 150 yards long by 70 broad.

Telegraph Board.—This is an indispensable necessity, and great confusion often arises from want of it. It should be so placed as to be clearly visible not only to all spectators outside the ropes, but to members of the press. Before each race or heat, the numbers of the starters, as on the printed programme, should be posted on the board, and after the contest, the numbers of the first and second men should likewise be displayed on the board, together with the time of the race, distance, or height jumped, which can be written with chalk if the board be painted black.

Starting.—A bell should be rung five minutes before each heat to warn the competitors to come to the post, and in the absence of any one at the time specified, the race should be started without him. All races, except walking ones, should be started by report of pistol, and it is advisable that a small charge should be inserted to insure an audible report. The official should stand in the rear of all the men, putting the pistol behind his back so that none of the competitors can possibly perceive when he is about to fire it. The warning "get ready," should be given, and *directly* the starter sees every competitor *exactly on his mark* the trigger should be pulled. In a sprint race no advantage in this respect must be permitted; indeed, from the shortness of the race and the manifest gain from a start of a few inches only, the necessity for a rigid adherence to this rule must be apparent. The starter should therefore if possible have some experience in his duties, for otherwise the rapid movements of practised amateurs will enable them to "poach" a lead—if I may be allowed to use a somewhat unparliamentary expression. Should a start take place before the word is given or the pistol fired, the competitors should be immediately recalled, but when once the fiat has gone forth it is irrevocable. By word of mouth is the best method of starting walking races.

The Goal.—This should consist of a piece of stout white tape tied to the post at one side of the course and held

loosely by the judge across the course, so that when the winner passes the post he may carry the tape away.

Attendants on Competitors.—One only should be allowed each runner, and on the starter's giving the order to get ready, he should leave the course and retire outside the ropes; no friend or attendant should *on any pretence whatever* be allowed to run round, or in any way time a competitor. They only tend to dishearten his opponents, who, in handicaps especially, have quite enough to do in regaining a penalty imposed, without being jeered and incommoded by other men's servants, so to speak. Any competitor who infringes this rule should be instantly disqualified. In private life we keep our domestic servants at a respectful distance, why should it not be so at athletic meetings?

Timing.—Like handicapping, this requires an almost life-long apprenticeship. Too much attention cannot be given to this necessary item, as correctness is of the most vital importance, since the making of future handicaps depends thereon. The timer should never take his eye off the men for a *single* instant after they are once on the mark, *perfect unison* of the senses of seeing and feeling being necessary to time a race with any approach to accuracy. Directly the winner's chest breasts the tape, the watch should be stopped. It is almost needless to say that an accurate stop-watch is necessary, as no correct estimate of the time which has elapsed can be formed with an ordinary watch. By far the best stop-watches for timing athletic sports are those manufactured by Messrs. M. F. Dent and Co., 33, Cockspur-street, Charing-cross, London. The works contain both independent minute and second hands, so that when the timing part of the watch is stopped, the hands indicating the ordinary hour of the day still keep going. By a most ingenious contrivance the independent timing hands can be started from *no other* position except the figure XII. on the dial. The first touch of the spring starts these hands, the second stops them, and a third causes them to fly back to the original starting-point: viz., the figure XII. By this means, in case of a false start, the hands can be instantly sent back without the timer taking his eye off the competitors; since the hands can be started from one position *only* on the dial. A side-bolt is also placed in these watches, by *pushing up* which the independent hands can be locked,

and thus remain immovable, however much the spring may be pressed. This is another great advantage, as it enables the timer, if in a hurry, to leave the ground directly after the last race with the time recorded on the face of the watch, without the trouble of delaying to make a note of it. The second hand beats five times in each second. Benson's so-called chronographs are useless compared to the above description of watch, as in case of a false start they require the operator to take his eye off the competitors, which is fatal to correct timing in a sprint race, in order to see where the second hand is stopped. It is also necessary when the chronograph is stopped to perform a calculation of subtraction, a useless waste of time, and quite unnecessary in the case of Messrs. Dent's watches, because the timing-hands can start from *no other* spot on the dial except the figure XII. When it is required to time each lap in a long race, the best method is to watch the second hand beating as the first competitor passes the post.

Calling the Laps.—This is a most necessary proceeding in long distance contests, especially when the laps are short and the race a time handicap. Some person thoroughly conversant with all the competitors by sight should be stationed at the winning post. His duty should be to inform each competitor, as he passes, the number of laps he has gone, and jot the same down against the competitor's name, on a programme especially reserved for the purpose. The timekeeper is the best official to undertake this duty.

The Judge should be some distinguished amateur who knows all the competitors by sight, and is well able to adjudge the various distances between those who pass the post. Through the incompetency of this official, most erroneous decisions as regards distances are frequently made. At the goal a small space should be enclosed which should be his *sanctum sanctorum*, which no one should be allowed to enter on any pretence whatever, as he has quite enough on his hands to give just decisions, without being bothered by the importunities of bystanders. No appeal whatever must be allowed against this official's decision.

Referee for Walking Matches.—As in the case of a judge, too much care cannot be bestowed on the selection of this official, when walking contests are included in the programme. If possible, some gentleman who has a keen

aptitude for distinguishing fair "toe and heel going," in fact, who is or has been a walker himself, should be selected. Professional referees as a rule have not the same firm decision of mind as an amateur, and do not like to make themselves obnoxious by disqualifying a competitor. The referee should always judge a competitor by running alongside of him and carefully watching his feet and knees, not his shoulders and body, as this method is the only true mode of testing fair walking. Before the start takes place, the referee should clearly specify to the competitors how many cautions, generally two, will be given. It is usual to give *none* in the *last* lap, but to disqualify a walker instantly should he commence "lifting." No appeal whatever must be allowed against this official's decision.

Heats.—When the number of entries for one race are large, the competitors should be divided into heats. For sprint races six is the outside number that should be allowed to start in one heat; but in half-mile and other longer distance contests, ten or a dozen can compete at once. If any competitor jostles, runs across, or wilfully obstructs another runner, he should be immediately disqualified. As much time as possible should intervene between the trial heats and final one. When the meeting extends over two days, the final heats should be run on the second one.

Handicaps.—The great success of this description of contest, as established by the Metropolitan and University Athletic Clubs, has rendered such races very popular. There is indeed far more interest taken in a well-arranged handicap than in an ordinary contest where all start off one mark. The great difficulty, however, is in obtaining an efficient handicapper. He must not only be well acquainted with the doings of the various performers, but must be capable of comparing their times with those of the other competitors, and of making the necessary allowances to those not so well qualified to compete. To obtain proficiency in the science of handicapping, a long and studious apprenticeship must be served, and the task should not be undertaken, even in local contests, without a thorough knowledge of the business in hand.

Hurdle Races.—The general distances for these are 120 and 200 yards, with 10 and 12 flights of hurdles respectively. The proper height of the hurdles is 3 feet 6 inches, and in the 120 yards they are placed 10 yards apart, with

15 yards at either end. A turf course should always be selected, and each competitor must keep to his own hurdles throughout the race.

High Jump.—For this two upright, moveable posts, with mushroom stands, and each 6 feet high, should be provided. The best material for a cross-bar is a thin lath, half an inch thick, and care must be taken that it is perfectly straight. Small holes, in which to insert pegs, should be bored half an inch apart, from 3 feet upwards, on the upright posts; and in measuring the height jumped, care should be taken to include the thickness of the cross-bar. The best take off for all descriptions of jumping is level and springy turf, some tan or other soft substance being laid down for the leaper to alight on. Each competitor may usually make three attempts at each height, should he require so many to clear the bar. Each height should be determined by the majority of the competitors; displacing the bar only counts as a try.

Wide Jumping.—Sixteen feet from the line where the competitors take off, a space of 6 feet in length and 4 in width should be cleared of turf, and laid down with soft clay. On each side of the so prepared space two pieces of wood, 6 feet long, and marked at every half inch from 16 feet up to 22 feet, should be placed. By means of a straight lath placed across from side to side the distance of each jump may be thus easily ascertained, care being taken to measure from the back of the *hindermost* heel of a competitor. Each competitor usually has three jumps, and then the two best men three more each. Crossing the scratch line in an attempt counts as a jump.

Pole Jumping.—The same description of apparatus is required for this as for high jumping, with the exception that the upright posts should be 11 feet high, and pierced for the pegs, at intervals of an inch only from 6 feet upwards. Competitors generally provide their own leaping poles. As in the running high jump, each competitor usually has three attempts at each height should he require so many to clear the bar. Each height should be determined by the majority of the competitors; displacing the bar only counts as a try.

Putting the Weight.—For this trial the usual cannon ball or stone, weighing 16 pounds, should be provided, and two parallel lines drawn across the ground 7 feet apart, the weight to be delivered from the shoulder with either hand.

Each competitor usually has three throws (seven feet run and "no follow" being allowed), and then the two best men three more each. Crossing either line in an attempt counts as a "put." All throws to be measured from the nearest point of the scratch, continued in a straight line on either side, until opposite the pitch.

Throwing the Hammer.—No preparation as regards the ground is required for this, as the distance is measured from the nearest foot-print in delivery, to where the head of the hammer pitches. The head of the hammer should be globular in shape, and the length of the handle from 3 feet to 3 feet 6 inches. Each competitor usually has three throws, and then the two best three more each.

Throwing the Cricket Ball.—For this a straight distance of 100 yards should be measured out, as by so doing the measurement of each individual throw is much facilitated. Sometimes it is stipulated that straight throws only should count, all those outside certain bounds being "no throws." Each competitor usually has three throws, and then the two best men three more each. The fairest test is to compel the competitors to throw each way, add together each man's best throw in either direction, and then take the average. By this means less aid is obtained from any wind which may be blowing.

Prizes.—The prizes for all events should be of as valuable and varied a nature as the funds will allow. There is one point which may be brought before the notice of running men, and that is the monotonous character of the trophies of victory. As a rule, nothing but cups are at present offered. This is a mistake. Numerous *souvenirs* are to be found which will answer the purpose satisfactorily, without pandering to the universal rage for "pot hunting." The chief drawback to many meetings is the expenses attached to the prize fund; no prizes are thought worth offering unless they are of silver, and the example of many opulent clubs in giving prizes of large value for open races, reflects to a certain extent very invidiously on other societies, and prevents amateurs from entering for ordinary contests which would afford pleasure and sport to themselves and others.

Accommodation for Competitors.—If there is no regular dressing-room on the ground, a tent should be erected close to the goal, into which competitors may retire directly *a race is over in order* to escape cold. Every requisite

in the shape of towels and washing accommodation, and if possible a shower-bath, should be provided for those who may wish it.

Spectators.—With the exception of the committee, members of the press, and the attendants on competitors, these should be rigidly excluded from coming inside the course. This rule is unfortunately by no means so strictly observed as it should be, and immediately on any infringement of it, all racing should be suspended till the course is clear. A sufficient force of police should always be engaged to preserve order, and keep the spectators within proper bounds.

Programmes.—These should contain the following information, viz:—Names of stewards and other officials, list of races in order as they are to be run, with time of starting each heat; names and numbers of competitors and distinctive colours, together with the start given in the case of handicaps, and names of the clubs to which each competitor belongs when the race is an open one; and lastly, the conditions of the meeting and regulations about starting, and the like. They should be printed on cardboard—about the size of an ordinary sheet of note-paper, and folded in the same manner: this form will be found the most convenient. A retail price of sixpence each should be charged, by which a large profit ought to be realized towards the expenses of the meeting. They should be sold on the ground *only*, and by no one except those persons authorized by the committee. More than one instance has been known lately where pirated copies have been sold at reduced rates. To guard against this, the best plan is to make the programme copyright, and defer its publication to as late a time as possible before the actual commencement of the meeting. The committee should reserve to themselves the right of making any alterations in the programme which may be rendered necessary by unforeseen circumstances.

Press.—A copy of the programme, together with a ticket of admission to *all* parts of the ground, should invariably be sent to all the sporting and daily papers. Members of the press should be admitted within the enclosure, care being taken that every information they may require is supplied, and that the telegraph board is placed in such a position that they can plainly see the numbers thereon.

The presence, now alas! too frequent, of the professional

book-maker at nearly all the great metropolitan athletic meetings, is an innovation which no gentleman amateur can view without concern. As betting wholesale and unlicensed in connexion with the turf has now become *un fait accompli*, it only remains to check by every possible means the spread of the evil in other directions. The tow-path at Putney on the occasion of an Oxford and Cambridge boat race, will bring the gentleman and true lover of sport across scores of these gentry, proprietors of the proverbial satchel and betting list. The athletic arena is also disgraced by their presence, and even the Oxford and Cambridge Billiard matches are deemed suitable opportunities for the exercise of their pernicious influences. There is a partial remedy for these abuses. Those who have the management of athletic meetings, can if they choose exclude such "cognoscenti" from their grounds. Unless those who are capable of grappling with the evil judiciously interfere and cope with it in time, the same fate will befal trials of skill amongst amateurs as professional contests have experienced long since.

CHAPTER IV.

REVIEW OF THE ATHLETIC SEASON OF 1867-8.

In writing a review of the athletic season, my endeavour has been to afford an insight into relative proceedings and individual or collective performances as briefly as is consistent with clearness. The athletic season in the metropolis and at both Universities, may be defined as commencing at the beginning of October and ending with the last week in April. By that time all the great gatherings are over with the exception of the Civil Service, *par excellence* the ladies meeting of the year in London, the champion meeting, and a few provincial athletic festivals which take place in the middle of the summer. Some may say that an annual review which leaves off at the end of April, ought to commence from the preceding April; but I think most will agree with me that the *bonâ fide* athletic season begins in October.

I have endeavoured to state facts without making inferences. Although it may not be possible to avoid giving offence in some quarters, I nevertheless trust that the difficulty of *pleasing all* and *offending none* will be duly considered by my readers. There may be, indeed there is, a difficulty in such a review, the first yet written on athletic sports; and again the value of such criticisms depends on their being exhaustive, whereas I of necessity must be brief. My object, indeed, is simply historical, thinking that past achievements must always be interesting to all true lovers of sport, whether agents or spectators. I will at least endeavour to be accurate. Time and space do not permit me to give the names of all the starters in every event.

With this prelude I will ask all my readers, whether ladies (for they now grace and humanize our meetings) or gentlemen, competing or looking on, to allow me to say—my say.

The first meeting of any consequence was that held at *Blackheath* on October 5, 1867, where the two most noticeable features were the defeat of W. F. P. Moore, the champion, who had injured his knee, in the pole jump by A. Lubbock of the M.C.C., who won with an excellent jump of 9 feet 6 inches: and the *débût* of S. P. Smith as a walker. The latter received a long start in the 3 miles walking handicap, increased it, and won from end to end very easily; his style and pace giving that promise of better things, which was duly fulfilled later in the season. The local 100 yards fell an easy prey to R. L. Willoughby (who had shown fair form at the last spring meeting of the London A.C.), while the local mile and 250 yards handicaps need no notice, the competitors with one or two exceptions being unknown. The final heat of the 120 yards open handicap hurdles, produced a fine race between R. S. Sweetland and E. V. Mackay, both of whom came from Blackheath School, and received 8 and 9 yards respectively; the former winning by a couple of yards in 18½ seconds. An open quarter mile handicap (which from his subsequent running must have been won easily by H. J. Homer of the London A.C. but for his falling) was eventually won by F. Schultze of the London Scottish R.V., in 55 seconds, who, favoured by the handicap, just beat J. R. Preece of the London A.C., to whom he gave 10 yards. E. J. Colbeck of the London A.C. and E. Havers of Ingatestone, tied for the high jump at 5 feet 5 inches, having two good men behind them in C. Guy-Pym of the Civil Service, and J. A. Harwood of the London A.C. The mile handicap steeplechase was won by A. Maddock of Richmond, receiving 15 seconds from W. M. Chinnery, (London A.C.) the scratchman, who never got near the leaders. R. C. Hannis of the Eton Excelsior B.C., who had 8 seconds of the winner, ran him hard and showed fair form, but had not calibre enough to compete successfully with Maddock, who is thought by some to be the coming mile runner. Blackheath has ever been celebrated as producing celebrated runners, and this, the first meeting passed off most successfully. The times were good throughout, considering the length of the grass on which the course was laid out and the high wind.

The *Kingsbury* Meeting, one of the oldest and pleasantest suburban fixtures, came off on October 9, after a postponement from August. Unfortunately the rain descended in a steady downpour throughout the day, making all the

fields small and the times bad, C. D. E. Malet carrying off the lion's share of prizes; F. Schultze of the London Scottish R.V. again appeared to advantage, and won the 300 yards strangers' race.

The *London Athletic Club* may be said to have begun the metropolitan season proper on October 12, at Brompton. A novelty for a London meeting was introduced in the shape of putting the weight, which was won by W. F. P. Moore with the very fair "put" of 34 feet 4 inches, although some doubt exists as to the weight of the shot being the legitimate 16 lbs. For the 130 yards handicap, Capel Hanbury, a new member (8½ yards), was made a very hot favourite, especially after he had won his heat in the fastest time. The good thing, however, was cleverly upset in the final by G. A. Jupp (6 yards), who just caught Hanbury on the post and won by 6 inches. H. A. Sarl (8 yards) finishing third, almost dead heating Hanbury. C. D. Dunt of the South Norwood A.C., with 105 yards, running very skilfully, won the open mile with ease at the finish in good time, viz., 4 minutes 20¼ seconds, beating J. C. Smith, Willesden C.C. (130 yards), who was also very nearly caught by A. V. Maddock of Richmond (50 yards). The latter ran extremely well, doing his full mile in about as good as 4 minutes 40 seconds, and holding thirty yards of his start from the scratchman, W. M. Chinnery (London A.C.), who finished fifth, covering his mile in 4 minutes 36 seconds. W. Cross, a promising novice from the Thames R.C. (95 yards), ran well forward for some distance, but disappointed his friends. H. J. Homer secured the club handicap (a quarter of a mile), easily enough when receiving 14 yards; he scattered a poor field and won as he liked, while E. J. Colbeck showed unusually versatile talent by winning in one afternoon the 120 yards hurdles from scratch, the long jump, and the club half mile race, beating A. King in the last named after a fair race in 2 minutes 5¼ seconds.

The *City Amateur Athletic Club* occupied the Middlesex County Cricket Ground on October 19, but with the exception of the 100 yards and quarter-mile open handicaps, the contests were very tame. In the final heat of the former, F. E. Wear (3 yards) won a close race by six inches only in 10½ seconds, G. P. Butcher second, all the others close up. In the quarter mile, T. W. Harris of the Middlesborough Amateur R.C., made his début in the

metropolis, and with 18 yards won in 53½ seconds. T. Griffith, City Amateur A.C. (55 seconds), won the two miles walking handicap; all the others, with the exception of J. Biller, London A.C. (70 seconds), who was second, and H. B. Kent, City Amateur A.C., being disqualified.

St. Peter's College, Westminster, held their seventh annual meeting on October 22 and 23, in the usual playground at Vincent-square; several challenge cups being offered for competition. Of these J. Smith possessed himself of no less than four: viz., for the mile; 100 yards hurdles, 8 flights; half mile; and 100 yards. This gentleman showed to advantage at both long and short distances as well as in jumping, and his successes ought to be again heard of. The open quarter of a mile fell an easy victory to E. Bray, as Smith was precluded from starting owing to previous victories.

On October 26 three cups were contended for by amateurs in a seven mile walking race at the *Clifton Zoological Gardens*. F. H. Farnworth of Liverpool, J. G. Chambers, Amateur Athletic Club, and T. Griffith, City Amateur Athletic Club, were the only foreigners who appeared, whilst sixteen local men came to the post. The course was on turf, five laps to the mile, and the going very heavy owing to previous rain. From the times made there can be no doubt that the distance was measured short. After the first mile, it was patent that all but the three strangers were out of the race. Griffith led for a couple of miles, then Farnworth let out a feeler but again dropped in the rear, and so continued till the last lap but one, when he went to front in a very doubtful style of walking, and won by 40 yards, notwithstanding Griffith's gallant efforts, in 57 minutes 30 seconds. Chambers third, two minutes behind Griffith.

The *Gonville and Caius College* sports opened the season of the Cambridge University A.C., at Fenner's, on October 30 and 31. Nothing worthy of mention occurred on the first day, but a great many spectators appeared on the 31st, to witness the celebrated crack, J. H. Ridley, from Eton College, make his *début* on the Cambridge track. The event was an open quarter of a mile, in which A. T. Scott, Trinity College, Cambridge, held a commanding lead along the top of the ground; but Ridley spurted at the orchard, and won by six yards in 53⅓ seconds, with something in hand. The only other good performance was Mowatt's winning the 220 yards race in 23⅔ seconds, if that be correct.

At Oxford, *Oriel College* met at the Marston Road Ground, on November 7, A. C. Tosswill carrying off no less than five first prizes and one second. This gentleman commenced with the 100 yards, which, owing to an error, had to be run twice over, and beat a large field easily in 10¾ seconds; P. G. Ward, who was second, turning the tables on him in putting the weight. In the high jump he did not come up to previous performances, tying with two others, C. Fowler and F. H. Hill, at 5 feet 2 inches. His other three victories were the hurdle race, throwing the hammer, and wide jump, in the last of which he was handicapped 9 inches, and covered 18 feet 10½ inches. The distance for the strangers' race was half a mile, and eight competitors, all Oxonians, including W. P. Bowman, E. Nolan, J. W. Fletcher, S. G. Scott, J. H. Morgan, and C. Y. Fell, faced the starter. W. M. Chinnery (London A. C.), the only "foreigner" entered, did not appear. The pace was very fast all the way, Nolan leading for some distance, but Bowman fairly cut him down 50 yards from the end, and won in the good time of 2 minutes 4½ seconds, Nolan retiring when passed.

On the two following days, November 8 and 9, the *Oxford University Athletic Club* held their annual freshmen's sports. Cambridge first instituted these trials, for the purpose of bringing out the young blood, and to fill vacant places in the Oxford and Cambridge contests. F. O. Philpott (St. Edmund's Hall), and R. V. Somers-Smith (Merton), however, were the only winners who appeared at Beaufort House in the following spring. The former won the 100 yards in 10⅗ seconds, the wide jump with a leap of 19 feet 5 inches, and the hurdles in 18¾ seconds. Somers-Smith was the victor both in the level and handicap quarters, but both races were run slowly. C. Y. Fell (St. John's) was quite up to his old form in the open 200 yards handicap. He was at scratch and ran a dead heat with F. O. Philpott (5 yards), who was the favourite. In the deciding heat it was anybody's race till close home, when Fell just managed to win in 10⅗ seconds. Had this gentleman continued in residence another term, he would no doubt have been heard of in the Oxford and Cambridge sports. In the open mile handicap, Deakin (St. John's) won easily with his long start (70 yards), beating such well known long-distance men as J. H. Morgan, R. L. N. Michell, and S. G. Scott.

At Eton College, on November 9, the annual hurdle race,

100 yards, and quarter of a mile, produced good fields, the times being very fair considering the course was on turf. Russell won the hurdles in 18 seconds; Cotes the 100 yards in 10½ seconds; and R. H. Benson the quarter mile, in 58½ seconds.

St. John's College, Oxford, sports took place on November 11 and 12. The Hon. F. S. O'Grady had it all his own way in both the jumps, although incurring penalties for previous victories. C. Y. Fell possessed himself of the challenge cup again, performing splendidly by beating J. Somervell, who represented his University at Beaufort House in 1867, in the 100 yards (time 10½ seconds); and also disposing of O'Grady, to whom he gave five yards, in the final heat of the hurdles. For the half mile strangers, seven competitors, all Oxonians, came to the post. R. V. Somers-Smith (Merton) followed up his previous victories by cutting down M. Muir Mackenzie (Brazenose), who had made the running all the way, at twenty yards from home, and winning easily; W. J. Frere (Magdalen) taking second honours. K. A. Deakin sustained his reputation as a stayer, by winning both the mile and two miles.

At the *Queen's College, Cambridge*, sports, on November 14, J. H. Ridley (Jesus) frightened away many competitors in the quarter mile strangers' race, and won in a trot. Thomas also made good time, viz., 23 seconds, in the freshmen's 200 yards.

Queen's College, Oxford, occupied two days, November 15 and 16, but nothing occurred worthy of mention, as all the times were bad; and the same remark applies to the *St. Catherine's College, Cambridge*, meeting, at which J. H. Ridley, as usual, won the strangers' half mile, on November 16.

On November 16, the *West London Rowing Club* began their eighth athletic season, at West Brompton, the events for decision being an open quarter mile handicap (which secured 46 entries), and a club 300 yards handicap. Seven heats were run for the quarter mile. In the first W. M. Chinnery, London A.C. (10 yards), could never quite reach T. Collins, City Amateur A. C. (24 yards), or H. Stevenson, German Gymnastic Society (19 yards), who finished first and second, a foot apart. The second heat fell to Captain Garnier, Royal Engineers (28 yards), beating C. D. Dunt, S. Norwood A. C. (17 yards), and others, including C. H. Goulding, German Gymnastic Society (4 yards), who should never have been allowed to run. The third heat produced some splendid running, W. M'Laren

of Manchester the scratchman, going away at a terrific pace, and catching his men too soon, had to retire in the straight dead beaten, leaving the race to T. C. Collett, Civil Service (31 yards), who just headed E. G. Simpson, Jun., Darlington A. C. (22 yards), and H. J. Chinnery, London A. C. (14 yards). In the fourth heat W. Page, of the Thames R. C. (31 yards), beat J. Elphinstone, London A. C. (20 yards), a plucky young runner, who was over-weighted, and G. P. Butcher, London A. C. (20 yards), whose pace did not serve him in lieu of staying powers. G. D. Lister of the West London R. C. (40 yards), who had the limit, ran well, and finished first in the fifth heat. The sixth heat fell to S. Pike, S. Norwood (28 yards), H. J. Homer, London A. C. (12 yards), the favourite, who made the same error as M'Laren did in the third heat, and forced the pace, falling exhausted close by home. In the seventh heat C. Dixon, Middlesex A. C. (36 yards), won easily, the only runner of note behind him being H. C. Riches, Stella R. C. (18 yards), who did not seem able to stay. The final heat was won by sheer gameness; Page finishing three yards ahead of Dixon, who was made a great favourite; Garnier, who is too heavily made for a runner, getting home third, the time being 51¼ seconds. The club 300 yards handicap was won very easily by W. M. Chinnery, from scratch, in 36 seconds.

On November 18, the *Emmanuel College, Cambridge*, freshmen's and *Trinity College, Oxford*, sports were held. The former meeting calls for no comment, as the idea of holding college freshmen's sports is most absurd, and in no case did any but the winners pass the post. At the Oxford meeting also all the performances were below the average.

Magdalen Hall, Oxford, although a small society, yet ever celebrated for the production of celebrated athletes, held a meeting on November 19, C. N. Jackson, the celebrated hurdle racer, carrying off the lion's share of the prizes. The 120 yards strangers' handicap, commanding no less than forty-seven entries, about half of whom came to the post. The "foreign" element consisted of W. M. and H. J. Chinnery (London A. C.), neither of whom started, and W. M'Laren and W. M. Tennent, both of the Manchester A. C. The winner, as expected, turned up in W. M. Tennent (1 yard), who is *probably the* best sprinter of the day, and ran his

trial and final heats, less a yard, in 11½ and 12 seconds respectively. Amongst those whom he defeated were the well known names of W. J. Frere, Magdalen (3 yards), C. Y. Fell, St. John's (scratch), who was shut out in the final, and H. H. Seymour, New College (8 yards). His brother, J. P. Tennent, of Wadham College, who is almost as good as himself, and ran a dead heat with Seymour in his trial, did not start in the final.

At the *Wadham College, Oxford*, sports, on November 20, J. P. Tennent had it all his own way in the 100 yards and quarter mile. The Manchester representatives, W. M. Tennent and W. M'Laren, each at 5 yards, made the running very hot at starting in the strangers' quarter mile handicap. At the last turn for home, however, they were passed by A. T. Jeffreys, Christ Church (10 yards), R. V. Somers-Smith, Merton (8 yards), and W. P. Bowman, University, who had been made the favourite at 6 yards, these three making a very close finish in the order named in 53 seconds. B. H. M. Williams won no less than five of the other events, viz.: both jumps, throwing the cricket ball, and putting the weight.

The *Cambridge University Athletic Club* held their freshmen's sports eleven days after Oxford, on November 20. In the final heat of the 100 yards, J. H. Ridley (Jesus), was opposed to two good sprinters, viz.: E. H. Clarke (Corpus) and C. R. Alexander (King's), but neither had any chance against the crack, who won as he liked in 10¼ seconds, and afterwards secured the quarter in 55 seconds. The winner of the mile turned up in J. Kinloch, from Cheltenham College, but the time was extremely slow, viz., 5 minutes 6 seconds. W. F. Curteis (Jesus) won the high jump with a fair leap of 5 feet 3¾ inches.

The private quarter mile handicap of the *Civil Service* came off at Brompton, on November 20. This event had for some time previously been humorously termed Mr. Sydenham Dixon's benefit, but did not deserve such a title as that gentleman did not start. The two trial heats were respectively won by W. F. Eaton (5 yards), beating T. C. Collett (22 yards), and two others in 53¾ seconds, and by C. G. Emery, beating E. W. L. Ryves (16 yards), and J. H. Bentley (18 yards). Ryves and Bentley, although meeting for the first time as runners, showed none the less determination in the contest between them. Eaton could never reach Emery in the final, and the latter won by a couple of *yards in 53¼ seconds*. An open 150 yards handicap, got

up on the ground, was eventually won by S. Pike of South Norwood (8 yards), beating A. V. Mackay, Blackheath School (5 yards), who was by far the better man, but was unluckily shut out.

On November 23, the *Amateur Athletic Club* held a meeting at Beaufort House with small success, only seventeen starters appearing for three races run in five heats, and the attendance being sparse to an extreme. The 150 yards club handicap was won by C. R. Alexander (7 yards), beating J. H. Ridley (scratch) by a bare foot in 15 seconds; the latter finishing two yards ahead of H. J. Chinnery (8 yards). W. C. Collett (1 yard), who had dead-heated Chinnery in the third trial heat, was out of it in the final. Ridley had beaten in his heat C. G. Emery of the Civil Service, to whom he allowed four yards. P. M. Thornton (5½ yards), utterly out of form, had finished behind Collett and Chinnery in their heat, and T. F. Burra (3 yards) had run the winner, Alexander, to a foot in his heat. W. James, of the London A. C. (50 yards), almost walked off with the open half mile handicap; E. Hawtrey, Eton College (40 yards) getting second, and W. M. Chinnery, London A. C., from scratch giving A. King, Thames R. C., once thought the coming man at half a mile, six yards, and a good beating for third place. It is hardly necessary to state that the handicappers again made C. G. Emery (25 yards) a present of a piece of plate for winning the members' quarter mile handicap. T. C. Collett (35 yards) got second, and H. J. Chinnery (19 yards), the only other starter, was necessarily third.

The *Middlesex Athletic Club*, formed for the benefit of amateurs resident in the north of London, held their first meeting on November 23, at the Middlesex County Cricket Ground. The entries for the open 200 yards handicap included the well known names of W. M'Laren, Manchester A.C.; G. H. Jupp, London A.C.; and Captain Garnier, Royal Engineers; handsome prizes being offered for the three first places. M'Laren from scratch ran a deadheat with C. Dixon, Middlesex A.C. (10 yards), in the third heat, making capital time, viz., 21½ seconds. Six trial heats, all closely contested, were run, the winner at length turning up in A. Veitch, Phœnix Cricket Club (10 yards), who beat W. E. Miller, North London R.C. (11 yards), by half a yard only for second place; M'Laren, who experienced the greatest difficulty

in getting through his men, third. The close finish of the final heat again showed the excellence of the handicapping. The two-mile club handicap was won by C. E. Rainsford (scratch), who made a waiting race of it till half way round the last lap, and beat E. B. Cope (50 yards) by six yards in 11 minutes 9 seconds.

At the *Downing College, Cambridge*, meeting, on November 23, W. F. Macmichael showed he was as much at home on *terra firma* as in his University boat, by winning the chief events, the strangers' race being postponed till the Lent term.

Jesus College, Cambridge, held their annual meeting on November 26 and 27, but the fields were small except in the strangers' race. J. H. Ridley, who is not so good at 100 yards as at a quarter of a mile, was beaten by C. C. Corfe at the former distance. In the latter, however, he had it all his own way, W. C. Gibbs being the only man who was ever near him. W. F. Curteis performed best in the minor events, especially in the high jump, where he cleared 5 feet 3 inches, only two inches less than his own height, and also won the pole jump. M. Templeton, Trinity College, secured the 200-yards strangers' race in 22⅗ seconds; and great excitement was caused by Martel and Gilbert making a dead heat of the two miles.

At the *Worcester College, Oxford*, sports, on November 27, by far the most noteworthy feature was the splendid running of W. M. Chinnery, London A. C., in the strangers' mile, which he won in the fastest time on the Marston Road Ground, viz., 4 minutes 38 seconds. This may be considered no mean performance, as among the beaten division were W. P. Bowman, University College, who won his University mile the next term; J. H. Morgan, Trinity, and S. G. Scott, Magdalen, both of whom are good at long distances. In the two mile race J. E. Greaves and T. J. Smith repeatedly changed places, the latter eventually winning by three yards.

At the *Jesus College, Oxford*, sports, on November 28, the only feature worthy of note was the 200 yards strangers' handicap, for which five trial heats took place. In the first, W. J. Frere, Magdalen (4 yards), had it all his own way. In the second, J. H. Ridley, Jesus College, Cambridge, from scratch, beat C. N. Jackson, Magdalen *Hall (4 yards)*, by a yard, in the splendid time of 21

seconds.* W. P. Bowman, University College (4 yards), and F. A. Nicholson, Lincoln (8 yards), ran a dead heat in the third, leaving a good man behind them in F. O. Philpott, St. Edmund's Hall (5 yards). J. Somervell, St. John's (5 yards), who ran in the Oxford and Cambridge 100 yards in 1867, had it all to himself in the fourth, whilst in the fifth C. Y. Fell, St. John's (1 yard), was not so good as usual, and gave way to M. Muir Mackenzie, Brasenose (5 yards), who won on the post by a bare foot. In the final heat, Ridley was the favourite, with any odds on him. Nicholson, however, quickly obtained the lead, and kept it throughout, winning by half a yard in 20½ seconds. Neither Ridley or Fell could get through their men, and Frere ran so close up to the former for second place that many took it to be a dead heat.

At *Clare College, Cambridge*, on November 28 and 29, Eyre, of University renown, won the hammer throwing at 94 feet 5 inches, and a close race ensued between Carnick and Beaumont in the final heat of the 100 yards. The strangers' mile brought together a field of ten, of whom W. J. Batchelor (Emmanuel), and A. E. R. Micklefield (St. John's) were most known to fame. The Johnian, as usual, made all the running till near home, when Batchelor came up and won easily in the slow time of 4 minutes 46 seconds.

The *Merton College, Oxford*, sports, on November 29, were very poorly attended, as most people had gone to Marston Road to the Exeter meeting. No strangers' prize was offered, and Somers-Smith carried off almost everything. No times were taken on account of the heavy state of the turf.

At the *Exeter College, Oxford*, meeting, on November 29 and 30, the only feature of interest was the strangers' race on the first day, as it poured with rain on the second, and hardly any one was present. The distance was a novel one, viz., three miles; and among the entries were the well known stayers J. H. Morgan, Trinity College, Oxford; R. L. N. Michell, Christ Church; W. M. Chinnery, London Athletic Club; and E. Hawtrey, Eton College, who were the only four who passed the post, the pace being far too hot for all the rest, as the last

* The quickest amateur time on record.

mile was run in 5 minutes 2 seconds. Morgan and Michell made all the running, and on turning the corner for home in the last lap both were strictly level, but Morgan, having a little more left in him, spurted, and won by five yards in 15 minutes 38 seconds; Chinnery third.

Pembroke College, Cambridge, also introduced another novelty in the shape of a 120 yards hurdle race for their strangers at Fenner's on November 30. There were two trial heats, in the first of which R. Fitzherbert, St. John's, gave promise of the future form he displayed by beating T. Milvain, Trinity Hall, who led over the last flight by a foot in the run in. In the second heat C. N. Jackson, Magdalen Hall, Oxford, who is probably the best hurdle racer either University has possessed for some time, had it all his own way, A. W. Lambert, St. John's, never being with him. In the final Jackson came away from Fitzherbert at the third flight and won by 3 yards in 18 seconds. The result of this race shows that had Jackson been able to contend in the Oxford and Cambridge sports the following spring, he would have been almost certain to have won the hurdles for Oxford, as Fitzherbert, whom he defeated on the present occasion, ran a dead heat with Pitt-Taylor, who won at Beaufort House in the Cambridge University sports on March 19, 1868. No other "tall" performances occurred at this meeting.

The *London Athletic Club* meeting, on November 30, proved one of the most successful gatherings that club ever held, though it came off in the midst of pouring rain and over muddy and heavy ground. H. A. Sarl (9 yards) receiving half a yard more from G. H. Jupp (6½ yards) than in the October meeting, and having 20 yards further to travel, turned the tables on the latter, finishing first in the final heat of the 150 yards, Jupp getting second, and J. M. Burke (9 yards) third, barely a yard between the first three. The open half-mile handicap fell to H. J. Homer (30 yards), who, letting out a little more each time, won rather easily in the final, beating C. F. May of the West London R. C. (60 yards), and C. D. Dunt, South Norwood A. C. (28 yards) in 2 minutes 6 seconds through the slush. Seventeen started for the open two-miles walking handicap, when S. P. Smith of Blackheath, with 26 seconds, beat T. Griffith (who went from the same mark) very easily by 10 seconds, making the best

amateur time then known, viz., 15 minutes 15 seconds. The two scratchmen, W. Rye of the Thames R. C., and R. M. Williams of the Civil Service, who had never met before, walked a very fast race for a mile, which Rye (then leading well) did in 7 minutes 15 seconds—the best amateur time then known; Rye winning third prize in 15 minutes 17 seconds; Griffith's time for the second being 15 minutes 32 seconds, and Williams' 15 minutes 35 seconds.

Balliol College, Oxford, sports took place on December 2 and 3. R. T. Reid, who is a good sprinter, but does not compete much, won the 100 yards in 10¾ seconds; also ran second in the quarter mile, and won the cricket-ball event, although handicapped three yards. The strangers' 100 yards was altered from a handicap to a level race, which produced its effect on the field, as six only came to the post. It was a foregone conclusion, for W. M. Tennent of Manchester, who won from end to end in 10¼ seconds, having behind him some good sprinters in the shape of F. O. Philpott, St. Edmund's Hall; F. Somervell, St. John's, and E. Nolan, St. John's. The fields for all the other events were numerous, but nothing noteworthy occurred.

On December 4, the *Oxford University Athletic Club* held a 150 yards and half-mile handicaps, which were supplemented by a three-miles walking race, quite an innovation at Oxford, though long since in vogue at Cambridge. In the final heat of the 150, O. Fairlie, Christ Church (7 yards), kept his lead at starting from F. O. Philpott, Magdalen Hall (5 yards), and J. P. Tennent, Wadham (4 yards), and won by a couple of yards in 14⅖ seconds. In the half-mile, R. V. Somers-Smith, Merton (10 yards), with his usual luck in handicaps, won a clipping race by three yards from W. P. Bowman, University, and W. J. Frere, Magdalen, both of whom were at scratch. Bowman's time, viz., 2 minutes 2½ seconds, shows that half a mile is his best distance. For the walking no less than ten competitors came to the post, the best known of whom were A. H. Johnson, Exeter; J. W. Gosset, Exeter; and W. O. Hughes-Hughes, Wadham. The former won by thirty yards in the rather slow time of 25 minutes 42½ seconds. The winner does not walk in by any means a pretty style, but has wonderful staying powers; Hughes-

Hughes, who was third, being by far the fairest style; Gosset, who has a long stride, but gets rather joggy occasionally, was second.

A private handicap steeplechase, confined to members of the *Thames Rowing Club* and their friends, came off on December 7, when a dozen competitors started over about two and a half miles of Wimbledon Common and some adjacent ploughed fields, beginning in the dusk and finishing in the dark, competitors having to find their own way to a great extent. The winner turned up in W. Cross of the Thames Rowing Club (20 seconds), who kept a capital course, and finished about 100 yards before C. Rainsford of the Middlesex A. C. (35 seconds), the latter just beating J. G. Webster of the Twickenham Rowing Club (30 seconds), neither of the two last knowing the way. W. Rye, London A. C., the scratchman, finished fifth. The course was fearfully heavy and wet, and falls were frequent and severe.

The *New College, Oxford*, meeting was held very late in the term, viz., December 12, when most undergraduates had gone down, the only noteworthy feature being H. H. Seymour's winning the 100 yards in 10⅘ seconds.

The "Crick" was run at *Rugby School* on December 14, after two adjournments on account of illness. Owing to a house match during the morning the field was small. G. H. Milner and H. Whiting were the hares, and accomplished the distance, about fourteen miles, in 1 hour 33 minutes and 1 hour 35 minutes 33 seconds respectively. Of the hounds, J. H. Townsend and H. Eddis were the only ones who finished within their time, being 1 hour 26 minutes, although Lane would have been well up had he not lost his way in the village. The quickest time the distance has ever been run in is 1 hour 21 minutes 30 seconds.

After a long lull, metropolitan athletics were recommenced on February 1, 1868, by the *Thames Rowing Club* handicap steeplechase (No. II.), which was run over a different and more open part of Wimbledon Common than the first, and produced exactly double as many starters—24 out of 55 entries coming to the post. W. Slater, West London R. C. (85 seconds) led for three quarters of the way, but fell into a deep and awkward ravine, and was passed by J. G. Webster, Twickenham R. C. (20 seconds), W. James, London A. C. (45 seconds), C. Chenery, Marlborough Grammar School (50 seconds), E. Hawtrey, Eton

College (35 seconds), S. P. Smith, Blackheath (25 seconds), A. King, Thames R. C. (25 seconds), and F. Chappel, Kingston R. C. (50 seconds), who were all together a quarter of a mile from home. Hawtrey was thrown out of the front rank by a water jump, into which he went; Chenery gave up dead beaten 100 yards further; and as James and Slater tailed soon after, the race was left to King and Webster, the former winning through sheer gameness by a yard and a half, Chappell just stalling off Hawtrey, who came with a great rush at the finish, securing third prize by a foot.

Brasenose College, Oxford, opened the Lent term at Marston Road on February 3; but as the wind was high and the competitors comparatively untrained, the performances were not up to the usual average. M. Muir Mackenzie secured the 100 yards and mile, although penalized 30 yards in the latter. The only other good performance was a cricket ball throw of 102 yards 1 foot 3 inches by A. Matthews, who was handicapped 3 yards, and in consequence secured second place only. There was no strangers' event.

University College, Oxford, held their meeting on February 7 and 8, the first day's starts taking place at Marston Road, and the second at the Cowley School cricket ground, to admit of the strangers' steeplechase being run. W. Hedley did not seem up to his old form at hammer throwing, and won with the rather poor distance of 72 feet 5 inches. W. P. Bowman appeared to advantage at 100 yards, a new distance for him, winning easily in $10\frac{3}{4}$ seconds. He was, of course, successful in the mile, and easily secured the half-mile handicap from scratch. The strangers' two miles steeplechase only secured four starters, of whom J. H. Morgan, Trinity, was the favourite. That gentleman's jumping powers, however, did not turn out equal to his staying abilities, and the winner turned up in W. C. Stewart, Merton, who is a fair leaper, and made the running, after disposing of G. R. Sandbach, Brasenose.

At the *Corpus Christi College, Oxford*, meeting, on February 10, W. F. Rawnsley was the most successful competitor, winning both jumps and the mile, but none of the performances were first class.

Trinity Hall, Cambridge, opened the Lent term season at Fenner's on February 14 and 15. E. Royds appeared at a fresh distance for him, viz., the quarter mile, which

he secured cleverly in 53 seconds. A new long distance man also came out in the shape of J. F. Foster, who won both the one mile and two miles in a canter, as Royds did not start for either. T. P. Abraham, however, undoubtedly appeared to the best advantage "all round," as he won the 100 yards and wide jump, besides being second in the hammer, weight, hurdles, high jump, and 120 yards handicap, in which he started from scratch.

The *Cambridge University Athletic Club* held a 120 yards and half mile handicaps, on February 17. In the final heat of the former C. A. Absolom, Trinity (9 yards); E. E. Toller, Trinity (8 yards); A. W. Lambert, St. John's (6 yards); G. Fletcher, Clare (6 yards); J. H. Ridley, Jesus (scratch); and C. Pitt-Taylor, III. Trinity (8 yards); came together. Absolom, the well-known cricketer, and Toller had it all their own way with their long starts, the former winning by a bare foot. Ridley, who was unlucky at the start, evidently gave too much, and finished fourth, behind Pitt-Taylor. In the half mile the long starters also had it all their own way, E. B. Hutchins, St. John's (70 yards), winning easily.

Magdalen College, Oxford, held their meeting, at which some good form was displayed, on February 17 and 18. W. J. Frere proved himself as good at long as at short distances by winning the mile, after a good race with H. B. Horner, the 100 yards, in which he was penalized four feet, and the quarter, wherein he had to run 455 yards. F. W. Parsons gave proof of his jumping powers by clearing 5 feet 7 inches in the high jump, and gaining the wide leap and hurdle race. With the cricket ball he threw 112 yards 1 foot 3 inches, but was second only, being handicapped 15 yards. A 100 yards handicap was the strangers' event. D. Moffat, Christ Church (35 yards), with the aid of his long start, led till the last corner, when R. V. Somers-Smith, Merton (4 yards), came with a rush and won cleverly from W. G. Grace, Marylebone Cricket Club (5 yards). W. P. Bowman, University College (scratch), was the favourite, and finished third, but the distance was evidently not long enough for him. S. G. Scott won the two miles easily, as a matter of course.

At the *Lincoln College, Oxford*, réunion, on February 20, all the events were well contested. F. A. Nicholson kept up his reputation as a sprinter, and won the 100 yards and quarter easily. T. Batson, who afterwards displayed

such good form at Beaufort House in the spring, won the weight, but was second only in the hammer and cricket ball, being handicapped in both. The strangers' event was a 120 yards handicap hurdle race, for which 22 had entered. In the first heat C. N. Jackson, Magdalen Hall (scratch), unfortunately tripped at the third flight and so injured his knee that he was unable to run during the rest of the term. In the final, A. Hillyard, Pembroke (scratch), and A. Molyneux, Christ Church (3 yards), had the best of the start, but the former tripped at a hurdle, whereon Molyneux came away and won by a foot only from W. G. Grace, Marylebone Cricket Club (3 yards), who has been unlucky in Oxonian open events, having repeatedly ran second during the term.

The *Eton College* annual steeplechase was run on February 20, over a course of two miles and a half, which included several stiff obstacles. Benson, Calvert, and Johnstone had the race to themselves at the end, Thornton losing his shoes. After several changes in the last half mile Benson just secured the victory in 16 minutes 20 seconds.

St. John's College, Cambridge, occupied Fenner's on February 20 and 21, but the first day's sports were extremely uninteresting. Baines and Hodges were the only two who finished in the two miles walking race, and as both ran at the finish they were very properly disqualified. A. W. Lambert cleared 19 feet 1½ inch in the wide jump, and secured the 100 yards and hurdles on the second day. A. E. R. Micklefield, of course, won the mile, and walked over for the two miles. A good "put" of 33 feet 10 inches was made by Hodges with the weight.

At the *St. Peter's College, Cambridge,* sports, on February 24, R. Waltham performed most creditably by winning the 100 yards, wide jump, hurdles, and last but not least, the putting the weight. In the last-named event he made the best "put" ever accomplished by an amateur, viz., 36 feet 4 inches. T. Bainbridge, St. John's, secured the strangers' half-mile, the other competitors being comparatively unknown to fame.

On February 25 a larger number of spectators than usual attended Fenner's to witness the three handicaps of the *Cambridge University Athletic Club.* C. A. Absolom, Trinity (5 yards), although running second to C. C. Corfe (scratch), in his trial, was again successful in the 120 yards, just beating T. A. Pearson, Trinity, who was at the same

mark in the final heat. The quarter-mile produced a splendid race in the final heat between T. G. Dale, Emmanuel (31 yards), and A. W. Lambert, St. John's (13 yards). The former led going down the hill, when Lambert raced after him and finished within a couple of yards, having some good men behind him, viz., F. G. Templar, C. C. Corfe, E. B. Hutchins, and E. A. Hoare. The mile brought to light a new runner in the shape of G. Henderson, Pembroke (70 yards), who won by 5 yards from H. B. Gurney, Clare (30 yards), J. Kinloch, Trinity (40 yards), being on a few feet behind for second place.

At the *Magdalene College, Cambridge*, meeting, on February 26, the only interesting feature was A. W. Lambert's, St. John's, beating F. G. Templar, Trinity, and E. B. Hutchins, St. John's, the only other starters in the half-mile strangers' race.

On February 29, the *London Athletic Club* held their first meeting of the year at Beaufort House, and were even more persecuted by the weather than at their previous gathering. The final heat of the 100 yard handicap was won by G. P. Butcher (4 yards), who was about a foot before M. E. Jobling (2 yards), whose reappearance in the arena after a long absence gave great satisfaction, and whose old rush at the finish nearly won him the race. The younger Colbeck (7 yards) showed promising form in running a dead heat with Jobling in his trial and finishing third in the final. J. Elphinstone (25 yards), a very game runner, carried off the 600 yards handicap, though nearly caught by the scratchman, W. M. Chinnery, who beat two good men in W. R. M. Bethune (12 yards) and H. J. Homer (10 yards), the last-named not seeming to be in his usual form. T. C. Collett, the younger brother of the noted sprint runner, won the two miles walking race for those who had never gained a prize, after a fairly exciting contest, in which E. J. Colbeck, though unaccustomed to this species of locomotion, showed the best form. E. Hawtrey, Eton College (35 seconds), had it all his own way in the two-miles handicap, the rain and mud appearing to suit him well.

At the *III. Trinity, Cambridge Boat Club* meeting, on March 2, C. Pitt Taylor showed promise of that future form which he afterwards displayed at the University sports and Beaufort House. In the 100 yards he finished a yard ahead of A. Kinnaird, and had it all his own way

in the hurdles and quarter-mile handicap with 25 yards start. The strangers' event was a half-mile handicap, for which the scratchman, W. M. Chinnery, London A. C. did not start. R. V. Somers-Smith, Merton College, Oxford, was therefore the rearmost man at 5 yards; and on coming round the last corner the issue seemed to rest between him and E. B. Hutchins, St. John's (23 yards). Suddenly, however, A. W. Lambert, St. John's (22 yards), rushed to the fore and won by six yards from Somers-Smith; C. C. Corfe, Jesus (22 yards), finishing third. The entries and finishes for all the minor contests were good.

The weather was bad, but the attendance good, at Fenner's, to view the *Christ's College, Cambridge*, sports on March 3. A. W. Lambert, St. John's, again showed good form by winning the strangers' quarter-mile in 53½ seconds, beating Bainbridge and Hutchins, two fellow-collegians. A. H. Hamilton won the pole jump and hurdles, and E. H. Glencross secured the wide jump and hammer throwing.

At the *Emmanuel College, Cambridge*, meeting, on Monday March 4 and 5, T. G. Dale may well be styled the *victor ludorum*, as he secured first honours in the quarter-mile, and the 100 yards in 10½ seconds, besides being second in the hurdles and mile, the last of which was won by a good man, viz., W. J. Batchelor. J. Collin, who afterwards won the University walking race, made his *débût* in the four-miles walking race, which he secured easily in the very poor time of 37 minutes. H. Mitchell made a fair "put" of 32 feet 4½ inches with the weight.

A. W. Churchward, Pembroke, was let in very easily at 45 yards for the *Downing College, Cambridge*, strangers' 600 yards handicap on March 4 and 5, as he won in the commonest of canters.

Rugby School held their annual steeplechases on March 5. For the open one the distance was one mile, and that for those under 5 feet 7 inches about three quarters of a mile. In the former, Rowden led till the last water jump, when Welsh passed him with a rush, and won by 5 yards in 7 minutes 15 seconds. For the junior event one of the closest races ever witnessed ensued, Badger leading till a dozen yards from home, when Fletcher came up and won by a foot only on the post, in 5 minutes 5 seconds.

The *Christ Church, Oxford*, meeting, which has always enjoyed a large amount of prestige, was held on the College Cricket Ground on March 5 and 6. As a rule,

however, to the effect that previous winners should be barred from competition, deprived many events of the interest which would otherwise have been attached to them. J. O. R. Fairlie, who afterwards displayed good form at the University sports, won the 100 yards; and E. M. Wakeman covered within a couple of inches of 118 yards with the cricket ball. J. W. Laing, the President of the Oxford University A. C., secured the hurdles, and also appeared to advantage in the three-miles walking race, a description of contest new to him. In the latter he took the lead at the end of a mile, shortly after which H. C. S. Everard came up to him, and each alternately led for the remainder of the distance. At the finish, however, Everard just managed to get away and win by 12 seconds. Laing also ran a dead heat in the half-mile handicap, starting from scratch. R. L. N. Michell had it all his own way in the mile, which he won in 5 minutes 4 seconds, good time considering the course. The event of the meeting, however, was the half mile strangers' race. W. J. Frere, Magdalen, looked all over the winner, but W. P. Bowman, University, whose style is best suited to grass, came with a rush at the finish and just won by half a yard, in the capital time of 2 minutes 6 seconds. R. V. Somers-Smith, Merton, and W. M. Chinnery, London A. C., did not seem at home on the grass.

The *Eton College* mile race was run over grass, on March 5 and 7. For the final, Johnstone was the favourite, as he had accomplished his trial heat in the fastest time. He led for three quarters of a mile in the final, closely waited on by R. H. Benson and Macnaghten; the former spurting in the last 300 yards, and winning easily in 4 minutes 58 seconds.

The *Trinity College, Cambridge, Athletic Club*, held their meeting on March 6 and 7, C. A. Absolom being the most successful competitor. He secured the 100 yards easily in $10\frac{2}{5}$ seconds, as well as the hammer and hurdle events, although not competing in putting the weight or wide jump, two contests in which he usually excels. F. G. Templer gained the quarter in 54 seconds, and the high jump, with a poor leap of 4 feet 10 inches, although handicapped out of the 300 yards, with a start of ten. H. Leek, the hammer thrower, was let in easily at 65 yards for the half-mile handicap, and won as he liked. The three mile race, the first one of that distance run at Cam-

bridge, was won by T. Payne, after a close contest with C. Crawley, in the slow time of 16 minutes 23 seconds. J. Kinloch, who has not fulfilled the expectations formed of him at school, won the mile in 4 minutes 54 seconds, but was nowhere in the three miles.

St. Peter's College, Radley, sports, on March 6 and 7, may be well termed E. M. Prothero's and F. B. Wade's benefit, the former gentleman gaining no less than five "firsts," viz., the quarter mile, 150 yards hurdle race, high jump, half mile, and 100 yards. The latter put the weight (17 lbs.) 32 feet 2 inches; threw the hammer 88 feet 8 inches; jumped 17 feet 4 inches in the wide leap, and threw the cricket-ball 110 yards 6 inches; none of which are by any means poor performances for a boy. T. H. A. Houblon proved himself a good stayer by winning the mile and the steeplechase. In fact, all the performances were much above the average of school ones.

At the *II. Trinity, Cambridge, Boat Club* meeting, on March 9, a good competition ensued between M. Templeton, C. Colbeck, and C. Templeton in the wide jump, the former eventually winning with a leap of 19 feet, and also gaining the quarter mile in 53 seconds, and the putting the weight. No other extraordinary performances occurred.

The *Pembroke College, Oxford*, sports, held on March 9, were the last college *reunion* at Marston Road before the University meeting, but nothing noteworthy took place.

At Fenner's, the last meeting before the University one was that of *Corpus College, Cambridge*, on March 10. Frequenters of this ground will recollect that the fastest mile ever run at Cambridge was accomplished by W. M. Chinnery, London A. C., on this occasion, in the strangers' race. This gentleman took the lead from A. E. R. Micklefield, St. John's, in the back stretch during the first lap, and won easily from the Hon. F. G. Pelham, Trinity, by a score of yards. To show the judgment with which the winner ran, I need only state that he ran each lap in almost the same time, viz., the first lap in 1 minute $25\frac{3}{5}$ seconds; the second in 1 minute $31\frac{2}{5}$ seconds; and the third in 1 minute 32 seconds; thus accomplishing the whole distance in the then unbeaten time of 4 minutes $29\frac{3}{5}$ seconds. Among the collegians, E. H. Clarke showed good form in winning the 100 yards and the quarter of the mile on the same path. No strangers' prize was given.

The *Oxford University Athletic Club* held their annual sports to decide on their representatives at Beaufort House on March 12, 13, and 14. On the first day the path at Marston Road was heavy, owing to the previous day's rain, and the competitions were chiefly confined to trial heats. In the high jump there appeared five competitors, of whom F. W. Parsons, Hon. F. S. O'Grady, and R. L. N. Michell showed the best form. The leaping commenced on grass, but the take-off was so bad that the posts were removed on to a piece of path with a faggot foundation, and consequently very springy. All caught the bar repeatedly, and required more than one try at each height; eventually, however, Parsons got safely over 5 feet 6 inches, and was declared the winner, O'Grady clearing an inch less. In the hammer throwing, T. Batson covered 87 feet 8 inches at his first attempt, which no one could approach for some time, till W. A. Burgess threw 88 feet 9 inches, which Batson then beat by a couple of inches; none of the other distances being remarkable. The pole jumping brought to light a good performer in E. C. Leeds, who cleared 9 feet 6 inches in splendid style, and quite surpassed the other three leapers. For the mile, W. P. Bowman, S. G. Scott, and J. W. Laing were the favourites. Bowman made the running at first, was supplanted by Laing in the second lap, but the latter did not seem up to his old form, and was obliged to succumb to the other two favourites, of whom Bowman won in the somewhat slow time of 4 minutes 46⅘ seconds. Throwing the cricket ball caused little excitement, as it was not one of the items in the Oxford and Cambridge programme; yet all the throws, which were on the path with a rear wind, were above the average. The successful competitor was F. W. Parsons, the winner of the high jump, who accomplished 119 yards 5 inches; E. M. Wakeman being second with 116 yards, and R. B. Michell third, at 114 yards 2 feet 10 inches. The four miles walking race was an innovation in the Oxford sports and caused a good race between A. H. Johnson and J. Gosset, neither of whom walk in a style by any means taking, on account of keeping their bodies and knees too much bent. Johnson went to the front at half way, and won as he liked, in the slow time of 34 minutes 10 seconds. W. O. Hughes-Hughes, who was by far the fairest "goer," but *was encumbered* with too much clothing, finished 10 yards

behind Gosset for second place. For the final heat of the hurdles, a splendid race ensued between A. Hillyard and L. E. Newnham, who came away from F. O. Philpott at half way. Hillyard led by a yard or so at the last flight, and finished only a foot ahead of Newnham, who came with a rush at the post. The half-mile race produced the closest finish during the three days' racing, between W. J. Frere and R. V. Somers-Smith. W. P. Bowman, the only other starter, cut out the running for the first 400 yards, and led by a couple of feet at the end of that distance, both the others close up. Going up the back stretch Frere forced the pace, and both he and Smith had disposed of Bowman at the last turn for home. A ding-dong race now ensued, and ended in Frere's favour by six inches only in the capital time of 2 minutes $2\frac{3}{5}$ seconds. Bowman's defeat at this distance, which is his specialty, surprised every one, but is probably accounted for by his exertions in the mile on the previous day. In putting the weight, considerable improvement on previous years was shown, and a good contest ensued between T. Batson, the winner of the hammer event, and W. R. Burgess, the former winning by six inches, with a "put" of 34 feet 7 inches. In the final heat of the 100 yards, the running of J. P. Tennent showed the future winner at that distance in the Oxford and Cambridge sports. This gentleman is a brother of W. M. Tennent of Manchester, and in addition to being a very quick starter, has a wonderful stride. He got off well and was never headed, doing the distance in $10\frac{1}{5}$ seconds, well ahead of F. O. Philpott. The wide jumping was all first class, excepting that of W. G. Edwards, who was by no means up to his last year's form. A. C. Tosswill, the winner, kept steadily increasing the distance at each attempt, from 20 feet 3 inches up to 21 feet 4 inches, the winning leap, although it must be remembered that the take-off was 3 inches higher than the landing ground. F. O. Philpott was second with 20 feet 7 inches. Great interest was evinced in the quarter mile strangers' race, as the winner, J. H. Ridley, Jesus College, Cambridge, was the future opponent of Frere, in that distance at Beaufort House. W. G. Grace, Marylebone Cricket Club, led at 100 yards from home, when Ridley came with one of his unsurpassable rushes, and won by four yards in 52 seconds. In the final heat of the club quarter, W. J. Frere waited on R. V. Somers-Smith

till the last turned for home, when he fairly cut him down and won by three yards, in 52⅖ seconds. J. W. Laing, who made a good start, was clearly out-paced. This performance of Frere's, after his hard race in the half mile on the previous day, was undoubtedly first-class; and, as he was only two-fifths of a second slower than Ridley had been at the same distance an hour before, the Oxford and Cambridge quarter still seemed a very open race. The final heat of the 150 yards handicap was a gift to J. G. Wilson (10 yards), who won as he liked in 14¾ seconds. J. H. Morgan again gave ample proof of his staying powers, by winning the three miles easily in 15 minutes 39⅖ seconds, after keeping at the same steady pace throughout. R. L. N. Michell, who was far from well, being second, and J. W. Fletcher third. J. O. R. Fairlie was rewarded for previous disappointments by winning the 200 yards consolation race in the quick time of 21⅕ seconds.

At the *Eton College* sports, on March 13 and 14, none of the performances call for comment. The weight of the hammer and stone was 2 lbs. less than usual; and in the two miles walking, the time, 17 minutes 14 seconds, was slow, considering style was sacrificed to pace.

The *Hounslow Foot-ball Club* meeting, on March 14, produced no great sport. G. H. Jupp won the local 100 yards as he liked, while the local mile handicap fell an easy victory to R. Bagley (40 yards), J. G. Webster getting second from scratch. E. J. Colbeck, London A. C., had an exercise canter in the open hurdles; and J. Berkeley, Thames R. C. (8 yards), won the open quarter-mile handicap, in spite of several misadventures, rather easily from J. Elphinstone, London A. C. (15 yards), and T. C. Collett, Civil Service (30 yards). W. Gilmour and E. Hawtrey, two of the gamest runners of the day, finished first and second respectively in the three-miles handicap, the former giving the latter 15 seconds, and revenging himself for his defeat a fortnight previously at Beaufort House. The three miles walking handicap fell to H. Maclure from scratch in the terribly slow time of 30 minutes 15 seconds.

The *Cambridge University Athletic Club* held their twelfth annual meeting at Fenner's on March 17, 18, and 19. Walter Watts, the ground-keeper, had the path in splendid condition, and the fast times made on it during the three days' racing indubitably stamp it as one of

the fastest going tracks in the United Kingdom. R. Waltham commenced with 35 feet 4 inches in his first "put" with the weight, and steadily increased the distance up to 36 feet, which was, however, 4 inches short of his performance at his own College meeting. C. A. Absolom, the Cambridge University bowler, was far behind with 33 feet 6 inches. E. Gurney cleared 9 feet 1 inch with the pole, no one else topping 9 feet. In the mile, W. C. Gibbs, who showed wonderful improvement on his last year's form, made a waiting race of it in the mile, and won easily in 4 minutes 33⅘ seconds; really an A 1 performance, considering the path was half under water after a heavy thunderstorm. E. Royds was second about 20 yards behind the winner. J. Collin of Emmanuel, who had previously won his College walking race, secured the seven miles, coming away from G. E. Darrock at a third of the distance, and finishing in 1 hour 26 seconds The poor time may be accounted for by the fact that he had no one to extend him for the last two-thirds of the distance. H. Leek and R. Waltham were first and second in the hammer, with throws of 94 feet 8 inches and 89 feet 9 inches respectively, both being further than the winning throw at Oxford the previous week. The last-named gentleman also secured the long jump with a leap of 20 feet 7 inches, C. A. Absolom being five inches less, both fair performances, considering the slippery state of the ground. W. Wyberg was let well in at 25 yards for the third of a mile handicap, which he secured easily. The high jump was truly a wonderful performance, as the rain fell heavily all the time, and resulted in a tie between C. E. Green, the captain of the University Eleven, and G. Hoare; each of whom topped 5 feet 8¼ inches, and made this event look a certainty for the Light Blue at Beaufort House. In the final heat of the 100 yards C. A. Absolom and C. C. Corfe ran a dead heat after a neck-and-neck race from the Pavilion. J. H. Ridley, who was the favourite at 2 to 1 on him, never being in it, much to every one's surprise. In the deciding heat, Absolom started with his wonted rapidity, and coming with one of his usual bustling rushes at the end, won by a yard, although his opponent held a commanding lead at the Pavilion. J. H. Ridley waited till the last corner in the quarter mile, when he came from the worst station with a magnificent rush and won by a yard from A. W. Lambert, a very fine runner,

in 51⅘ seconds. C. C. Corfe looked formidable passing the roller, but had made his effort too soon. The 120 yards hurdle race produced another dead heat between C. Pitt-Taylor and R. Fitzherbert, the former of whom led over the two last flights, but his opponent made it up in the run home. In the final, Pitt-Taylor came out at the third flight and maintained a very slight lead to the end, which almost resulted in another deadheat. Owing to the wet the times of both heats were slow. The result of the half-mile was never in doubt, as A. W. Lambert had the race in hand all the way, and won in 2 minutes 4⅘ seconds. A large field started for the three miles. After innumerable changes E. Royds, A. E. R. Micklefield, and G. G. Kennedy went to the fore at the end of the second mile, and finished in the order named in 15 minutes 56⅘ seconds.

The *Sydney Sussex College, Cambridge*, meeting was held after the University sports, on March 20, E. L. Phelps, who carried off both jumps, the 100 yards, quarter mile, and putting the weight, being the most successful competitor.

Shrewsbury Royal School fully maintained its prestige for stiff steeplechase courses, on March 21, the obstacles consisting of a dozen hedges and three water jumps, one of which had to be swum across and the other waded through. E. B. Moser led for some distance, but was eventually passed by E. W. Garrett, who had made a waiting race of it, and P. J. Hibbert, who finished first and second respectively after a close race.

The *Thames Rowing Club* held their third annual meeting, on March 21, at the Lower Park, Putney Hill. C. Mead, a persevering young athlete, secured his maiden handicap at 150 yards with 10 yards start, after a good race, in which several known men competed. The high jump fell to J. A. Harwood, with a good leap of 5 feet 5; and W. C. Cross (40 yards) won his first flat race in the members' half mile handicap; J. K. Birkeley from scratch reversing last year's running and beating his co-starter, A. King, by as much as he lost by on the previous occasion. The two miles walking was of course a certainty for W. Rye. The great attraction was the Thames handicap steeplechase (No. III.), which was made the open race of the meeting, and was won very cleverly by H. C. *Riches, Stella* Rowing Club (35 seconds), who finished al-

most as fresh as he started. W. M. Chinnery, London Athletic Club (scratch), working his way into second place after passing seventeen men in gallant style. E. B. Michell, the celebrated sculler (25 seconds) was a good third. W. Johnstone of Carlisle (2 minutes) was the favourite for a long way, but tired towards the finish.

Rugby School Sports were held on March 23 and 24. In the open 200 yards, Badger finished ahead of Bucknill, but at half the distance on the following day the order was reversed, and the latter was also successful in the mile which was run along the Hilmerton Road, as well as in the "quarter." The only other extensive winner was Welsh, who secured both the flat half mile and that over hurdles, besides being second in the mile.

At *Marlborough College*, on March 27 and 28, one of the usual lengthy school programmes was got through, the number of class and lower school races being legion, and the course in all short races down hill. Of the open events, E. S. Garnier won the 200 and 300 yards hurdles, although penalized eight yards in the latter, ran a dead-heat with R. W. Mainwaring in the 100 yards, and finished a foot only behind the same gentleman in the 200 yards. R. Hawkins also tied with Mainwaring at five feet in the high jump, the take-off being very slippery. R. Leach secured the "quarter" in 54½ seconds, good time on grass, and the three quarters of a mile in 3 minutes 44 seconds. Of the other competitors, E. A. Tanqueray showed good form in the mile, which he won by a foot only from R. Leach.

At *Harrow School*, on March 28, A. K. Finlay (scratch) got by far the best start in the final heat of the Old Harrovians' 120 yards handicap, and won by a couple of yards from Templar. In the final heat of the school "quarter," J. Watney, C. W. Walker, and J. B. Broadmead ran a close race till 100 yards from home, when the former came away and won by four yards, the second place being adjudged a deadheat. E. J. Colbeck virtually walked over for the quarter mile strangers' race, as W. C. Collett, the only other starter, was unaccustomed to a hard turnpike-road course, and did not persevere. J. H. Ridley had entered, but wisely reserved himself for the Oxford and Cambridge meeting the following week.

The *Barnes Football Club* meeting, on March 28, secured a fair attendance. In the club 100 yards, A. K. Barnes

showed signs of good coming form by beating J. K. Birkeley, no mean sprinter, somewhat easily by two yards. Barnes followed up his victory by winning the club 200 yards hurdle race, M. E. Jobling not starting in the final. The long jump was a trial for one of the Oxford and Cambridge athletes, the Oxford champion, A. C. Tosswill, suffering defeat at 20 feet 2 inches from that capital all-round jumper, E. Havers of Ingatestone. R. G. Graham, as usual, secured the open pole jump at 9 feet, and B. D. Harrison the open high one, receiving however 3 inches from J. A. Harwood, Thames Rowing Club. A magnificent though slow race for the quarter mile open handicap was won by H. Emanuel, Richmond Cricket Club (33 yards), by a yard from C. F. May, West London Rowing Club (27 yards), a yard separating the latter from G. Palmer, German Gymnastic Society (18 yards). The contest of the meeting, however, was the club three quarters of a mile handicap, which W. M. Chinnery won from scratch by six inches, just catching J. G. Webster (60 yards) on the post in the last few strides; J. Birkeley (40 yards), who ran most judiciously, again beating his old opponent, A. King (30 yards), and securing third place. A mile handicap steeplechase with three difficult jumps was won after a somewhat tame competition by W. James, London Athletic Club (40 seconds), who finished six yards ahead of C. J. Chenery, London Athletic Club (40 seconds). M. E. Jobling, London Athletic Club (15 seconds) had reserved himself for this event, but suffered too heavy a penalty.

At *Winchester College* sports, on April 2 and 3, S. H. Gattey made a good cricket-ball throw of 119 yards, and hurled a 20-lbs. hammer 71 feet 5 inches. Of the other competitors, J. W. Maxwell-Lyte performed by far the best, winning the hurdles, 100 yards, quarter mile, and half mile.

The *Oxford and Cambridge Universities'* meeting of 1868 took place at Beaufort House, on April 3. Great discussion had ensued as to where the meeting should be held on this occasion, and next year it is to be hoped that the Cambridge dons will see the error of their ways and grant permission for it to be held at Fenner's. The running track is five or six yards more than an exact third of a mile, with two fairly straight sides of about 150 yards each. The path had been considerably improved to what it used to

be. In the high leap, which was the first event on the card, the Hon. F. S. O'Grady (Oxford) was alone up to his usual form, only touched the bar once, and consequently won at 5 feet 7 inches. All the others appeared nervous, as the event had looked a certainty for C. E. Green and G. Hoare, the two Cambridge representatives; but the latter only tied with F. W. Parsons (Oxford), at 5 feet 6 inches, and the former retired at an inch less, seeming short of practice. In the one mile race the pace was too fast for H. Gurney (Cambridge) from the very beginning, and E. Royds, the second Cambridge representative, reserved himself for the three miles. W. C. Gibbs, however, the third Cambridge representative, proved himself quite equal to the occasion, and showed first-rate form, although he will probably never compete again owing to constitutional weakness. J. W. Laing (Oxford), who had improved wonderfully since his University sports with the aid of a trip to the sea-side, jumped off with the lead, but W. P. Bowman led him by a yard at the top of the ground, Gibbs and S. G. Scott, the third Oxonian, being close up. Laing, however, again led during the second lap, but Gibbs, who had the race safe all the time, came away in the last third of a mile and won easily. Bowman and Laing had a close tussle for second place, which resulted in the latter's favour by four yards. The time was 4 minutes 28⅘ seconds, the quickest amateur mile race on record.* In throwing the hammer, T. Batson (Oxford) surprised no one more than himself, as H. Leek (Cambridge) was ahead for some time with 98 feet 8 inches, till Batson pulled himself together in his last attempt, and won with an unprecedented amateur throw of 99 feet 6 inches, which was effectual, though not so straight as it might have been. The hurdles seemed to be a very open thing in the absence of C. N. Jackson of Oxford, owing to an accident. C. Pitt-Taylor (Cambridge), however, who had shown good form in his College and University hurdle races, came away at the third flight, and won easily in the quick time of 16½ seconds. L. E. Newnham (Oxford) re-

* Several timekeepers made it 4 minutes 31¾ seconds, but the author, who was standing against the railings in a line with the winning-post, made it as above, which he believes to be correct, as two "clockers," one a professional, in other parts of the ground, and with whom he had no communication till afterwards, made it the same.

enabled to overhaul the leaders. At the end of the third mile Bentley retired, leaving Stoker with the lead, and Eccles and Wilkinson in the order named, some distance in the rear. Williams was level with Stoker at a hundred yards from home, and then ensued one of the most exciting contests ever witnessed. Neither could shake off his opponent, and both infringed the rules of fair walking, Stoker breasting the tape first by a yard only. The committee could only adjudge the first and second prizes to Eccles and Wilkinson respectively, both having gone the distance fairly. With the exception of the first 200 and the last 100 yards, Williams went perfectly fairly the whole way, and made the fastest amateur time for five miles—viz., 40 minutes 5 seconds. Stoker's style, though by no means pretty, is well adapted for getting over the ground, as he has a good stride. Had he started much faster at first, the race would have been at his mercy. Such a termination of so close a contest was most unfortunate; but it was to a great extent caused by the spectators breaking into the course and thus seriously inconveniencing the leaders. Sydenham Dixon appeared to advantage at a distance new to him—viz., a mile—as he won the challenge cup for that race easily in 4 minutes 53 seconds. M. E. Jobling, the holder, was far from well and by no means up to his old form, being defeated easily by W. R. M. Bethune for second place.

At *Canterbury*, on June 2, a couple of amateur handicaps came off. In the 300 yards A. J. Goodwin, Merthyr Tydvil (24 yards) was let in well, and won easily from W. M. Bennett, Thames R. C. (23 yards); H. J. Chinnery, London A. C. (3 yards), not having quite time to catch his men. In the two miles the long starters again had the best of it, as R. E. Hannis, Eton Excelsior, B. C. (40 seconds), and A. King, London A. C. (35 seconds), finished first and second respectively. W. M. Chinnery, London A. C. (scratch), finished third, 4 yards only behind King.

University College, London, held their annual meeting on June 3, at Beaufort House, but the only noteworthy features were A. W. Harding's winning the mile, and W. F. Eaton's, Civil Service, securing the strangers' quarter, in which he defeated a large field.

The second annual *Blackheath* meeting was held earlier this year—viz., on June 5 and 6, in Westcombe Park. On the first day several handicaps were decided. The open

100 yards one was won by a new man in the shape of T. L. Aubrey, London A. C. (5 yards) who defeated two good men in W. C. Collet, London A. C. (scratch) in his trial heat, and J. K. Barnes, London A. C. (scratch) in the final. J. A. Maddock, Richmond Cricket Club (20 yards), ran through his men well in the half-mile open handicap, and finished a yard and a half ahead of A. Harding, University College, London, to whom he conceded five yards. E. Fox (scratch) won the residents' 300 yards handicap by sheer gameness, defeating amongst others P. A. Davies and R. Shortrede. W. G. Grace, Marylebone Cricket Club (scratch), gradually got through all his men in the long hurdle race, 200 yards, and beat G. T. Follit, English Civil Service (13 yards), by three feet on the post. The three miles open handicap produced a close contest in the last quarter of a mile between W. Gilmour, London A. C. (25 seconds), and J. C. Smith, Willesden Cricket Club (80 seconds), the former being virtually scratch man in the absence of J. H. Morgan, Trinity College, Oxford. Gilmour, however, came away pretty easily, and won by some twenty yards in 16 minutes 13 seconds, good time considering the uneven nature of the course. The final heat of the open 150 yards handicap resulted in a close finish between W. G. Grace, Marylebone Cricket Club (5 yards), J. K. Barnes, London A. C. (scratch), and T. L. Aubrey, London A. C. (9 yards). In the trial heat Grace had beaten Barnes by a yard, W. M. Bennett, Thames R. C. (11 yards) running a dead heat with the latter for second place. The final was a very fast-run race, Barnes having the best of it till close home, when Grace just beat him by a foot; T. L. Aubrey, London A. C. (9 yards), a very good third. A. Lubbock, Amateur A. C., won the pole jump at 10 feet, at that time the highest amateur leap on record. T. Griffith (35 seconds) secured the three miles open walking handicap easily, in the absence of the scratch man, W. Rye, Thames R. C.; the winner's style being well suited for an uneven turf course. W. G. Grace, Marylebone Cricket Club (scratch) was shut out in the final heat of the 120 yards hurdle handicap, which fell to W. F. P. Moore, Amateur A. C. (10 yards), who is also an adept at pole-jumping and putting the weight. The one mile handicap steeple chase at Blackheath is always an interesting item in the programme from the varied nature of the course. J. W. Laing, Ox-

ford University A. C. (scratch), succeeded in cutting down all his opponents but G. A. Templer, Harrow School (30 seconds), whom he could not quite catch, owing to having cast a shoe at the water-leap. Templer won by a dozen yards in 5 minutes 27 seconds, good time considering the obstacles to be surmounted.

The *London United Hospitals Athletic Club* occupied Beaufort House on June 11 and 12. B. B. Connolly, formerly of the Cambridge University A. C., got off best and won as he liked in the 100 yards. In feats of strength G. R. Nunn appeared to the best advantage, as he secured the hammer and weight events, but his put of 37 feet is no real criterion of merit, since the amount of run was not limited to 7 feet. His other victory was the 120 yards hurdles, which he almost walked over for. In the remaining competitions G. A. Norman showed good form as he won the half-mile, one mile, and two miles; A. Harding running second to him in the two latter. F. R. Cross also did well in securing the 250 yards and quarter-mile, besides finishing second to Connolly in the 100 yards.

At the *Edinburgh University Athletic Club* meeting on June 18, W. K. Gair was the only man who took a large number of prizes, the 220 yards, quarter mile, and half-mile being easy victories to him.

The champion meeting of the *Amateur Athletic Club* had this year been postponed from Easter to June 19 and 20, and may well be described as the best meeting *ever* held in point of quality. Notwithstanding a paucity of both spectators and entries, the high standard attained in all the competitions fully made up for quantity, the times and distances in eight out of twelve events being the best amateur performances on record. Of the dozen competitions six were won by the North country representatives of the Manchester and Liverpool Athletic Clubs, five by members of the London A. C., and one by a Cambridge University athlete. In the pole-jumping R. J. C. Mitchell, Manchester A. C., made the highest amateur leap on record, viz., 10 feet 6½ inches, although A. Lubbock, Marylebone Cricket Club, would no doubt have run him close had he not unfortunately sprained his ankle. Mitchell was also victorious in the wide and high jumps at 19 feet 5 inches and 5 feet 8 inches respectively, defeating a good man in the latter in C. *Guy-Pym, Civil Service*, who was not up to his usual

form. J. Stone, Liverpool A. C., made the best amateur put on record with the weight, his distance being within an inch of 38 feet, although reported to have accomplished 40 feet in practice. Mitchell was second, nearly two feet in the rear. E. J. Colbeck, London A. C., won the quarter and half-miles easily. Had he not unfortunately tripped over a sheep in the path, he would undoubtedly have run the former in less than 50 seconds. As it was, he accomplished it in 50⅖ seconds, the quickest amateur time on record, being a tenth of a second quicker than that of C. Guy-Pym in his private match on the same path with P. M. Thornton on November 11, 1865. W. Maclaren, Manchester A. C., and H. J. Chinnery, London A. C., had a good contest for the second man's medal for the first 300 yards, but the former had a better turn of speed and beat the Londoner easily at the finish. Colbeck's opponents in the half mile were A. King, London A. C., and W. R. M. Bethune and Sydenham Dixon, both of the English Civil Service. The latter made the pace too hot at first, and could not last the distance. A great surprise occurred in King's defeating Bethune for second place, as the latter had given the former five yards and a beating in the King's College School half-mile handicap the previous week. King, however, was in much better form than on that occasion, and finished within four yards of Colbeck, who accomplished the quickest amateur time on record, viz., 2 minutes 2⅕ seconds. Yet another unbeaten amateur time was accomplished by W. M. Tennent, Liverpool A. C., who won the first trial heat of the 100 yards in 10 seconds, finishing four yards ahead of Colbeck, but in the final the latter led for half way and raced the Manchester "clipper," who was tired and very stiff after his heats of the hurdle race the day before, to within a very few inches at the finish, the time being a fifth of a second longer. W. Maclaren, Manchester A. C., and W. C. Collett, London A. C., finished in the order named in the second trial heat, but were quite out-paced in the final. In the first heat of the 120 yards hurdles innumerable mishaps occurred, by which W. F. P. Moore was enabled to win easily; although the race must have been a moral for W. F. Eaton, English Civil Service, had he kept on his legs; W. H. Betts, Honorable Artillery Company, finishing second. Maclaren and Tennent were first and second respectively in the other trial heat, and had a

neck and neck race over all the flights in final, till the 100 yards winner (Tennent) managed to spurt past his opponent in the run home. The seven miles walking race calls for little description, as W. Rye, London A. C., who had much improved on his former style, came right away from T. Griffith after the first mile and won by some 120 yards, H. F. Wilkinson, English Civil Service, the only other starter, never being in the hunt with either of the above. Rye made the quickest amateur times on record at two, four, six, and seven miles, viz., 15 minutes 6 seconds; 31 minutes 43 seconds; 48 minutes 52 seconds; and 57 minutes 40 seconds respectively. Both the long distance races, one and four miles, fell to W. M. Chinnery, London A. C. In the former the only other starter was E. Hawtrey, Eton College, who finished much nearer the leader than in the strangers' mile at the English Civil Service meeting three weeks previously, the time being four seconds slower than on that occasion. J. Snow, Manchester A. C., was reported to have done a wonderfully fast trial under the care of J. Brighton of Norwich, and was much fancied by the north countrymen for the four miles. Sydenham Dixon, English Civil Service, retired early in the contest, as also did W. Gilmour, London A. C., at half way, owing to a severe stitch. After three miles, however, the result was never in doubt, as Chinnery came away at his leisure and won in the unbeaten amateur time of 21 minutes 12 seconds, Snow walking in.

The *Honorable Artillery Company's Athletic Club*, without doubt the oldest metropolitan amateur athletic society, held their eleventh annual meeting at Finsbury, on June 27. W. H. Betts won the half mile, and 110 yards flat and the hurdle races; G. R. Nunn, a very good and fair goer, carrying off both walking races. No other noteworthy features occurred.

The last meeting of importance during the summer was that of the *Irish Civil Service Athletic Club*, held in Dublin on July 4. Great success attended the *reunion*, considering the absence of a suitable ground, and the difficulties thrown in the way of the committee by the opposition of the heads of departments and the utter apathy shown by many members of the service, who, quite unlike their English brethren, neither appreciate a closely contested race or take the trouble to train and compete *on their own* behalf. W. F. Eaton, English Civil Service,

carried off the lion's share of prizes, as he won the high jump at about 5 feet 2 inches, the 100 yards, quarter-mile, and hurdles, all easily. Of "the natives" C. Ratigan performed best at short distances, as he finished second to Eaton in the 100 yards and quarter, whilst E. C. Farran secured the half-mile and mile with most ridiculous ease. Both open events fell to members of the Dublin University A. C., although Eaton would have made a close race with R. Wright, the winner of the open 100 yards, had he not been severely cannoned by R. H. Ellis, also of the Dublin University A. C., directly after starting. W. Murray, of the same club, ran a waiting race in the strangers' 600 yards hurdles, which he secured easily, H. W. D. Dunlop, a good sprinter, showed the best form at the meeting in the three miles walking race. He defeated J. J. Corbett and H. F. Wilkinson, English Civil Service, very easily, in 24 minutes 15 seconds, splendid time if the competitors went the full distance, considering the course was a very uneven one on turf and only 285 yards in circumference.

CHAPTER V.

TRAINING.

TRAINING is a process which requires more care and attention than any other ordeal through which an athlete has to pass, though its *injurious* effects have always been overrated by the timid. There is an old maxim that "everything is good in moderation," and this is as applicable to training as to other things.

The object of training is to enable a man to go through violent exercise with the least possible inconvenience and injury to himself. An untrained man not only feels the exertion most severely during a race, but his frame does not resume its wonted state for some time after. On the other hand, a man in good condition will contend in a most severe contest, and recover his usual temperament a short time after passing the winning post. Whatever may be the effects, whether for good or ill, of athletic contests, personal experience and observation prove that much more harm ensues from any severe bodily exertion, when a man is untrained than when he is trained. Another very important point, generally overlooked by those who talk about the diseases brought on in after life through training, is the "going out of training." After a man has been living in "temperance, soberness, and chastity" for a period varying from one to two months, or even more, and then, after a race, suddenly indulges in every kind of excess and debauch, the reaction is too sudden, and far greater than nature can bear. There is no general imputation of excess after enforced abstinence, but such a thing sometimes is. When one hears of all the crew of a certain University boat in such a year having all died at an early age through the effects of training, the answer sometimes has been that either there was no race that year, or else that the competitors died from other causes besides those originating in training. It must, however, be said, that

on no account should any man who doubts the soundness of his lungs and heart, be advised to go into training without previous medical advice. To those weakly constituted by nature, training is undoubtedly injurious, perhaps fatal.

Among the ancients the athlete went through a system of training which lasted over several months; but from the nature of their diet, chiefly pork, and other things of a like nature, which a modern athlete never thinks of touching, it would appear from the excellent results, in spite of the bad diet, that the main point consisted in their living a quiet and regular life, in fact, as was quoted above, keeping the body in "temperance, soberness, and chastity."

In giving the following directions on training, it must be premised that I am writing for amateurs only, and not for professionals, who go through a much stricter and different system, for the following reason. A gentleman having in all probability been accustomed to a liberal diet, has consequently good blood in his system, and a sound foundation on which to commence. On the other hand, the professional pedestrian or oarsman has more than probably been leading a loafing, public-house kind of life for some time past, and living on deleterious "slops" compared with the gentleman's nutriment. A professional accordingly wants blood put into his system, which is usually done by a liberal allowance of steaks, chops, and port wine, before he is fit to undergo the ordeal of training.

The old system of training consisted in constantly ringing the changes on "physicking and sweating," but such a notion is now quite exploded; and the four admitted and primary points in training are, diet, sleep, clothing, and exercise. The great object to be remembered being, that every particle of the human frame which decays has to be replaced by another particle, although perhaps not of a like nature; *e. g.*, a reduction of fat has to be compensated for by a corresponding increase of muscle. A new body, in fact, has to be built up for running. "Practice makes perfect." A man has gradually to unbuild his ordinary heart and lungs, and then, bit by bit as it were, reconstruct those organs in a manner suited for whatever branch of exercise may be required.

The time necessary for the training of an athlete varies

with different temperaments. If he be stout and inclined to make flesh, a period of two months is by no means too long; but if, on the other hand, he is a thin and spare man, half that time will be sufficient, and a much more liberal diet may be allowed. If a bracing sea-side air is not attainable, the next best is that of any country place which is healthy and lies high. This, however, is only available by those whose time is not otherwise employed, whereas the greater number of our modern amateurs are engaged in business in London, and other large cities. These of course are obliged to train under great difficulties, and deserve all the more credit for doing so. The usual course of proceeding on commencing training, is to physic a man, in order to "clear him out." If, however, he has been living tolerably steadily, and his functions are regular, he does not require any medicine, which is in his case simply weakening, and there is much truth in the old proverb—"Throw physic to the dogs," when it can possibly be dispensed with. Should the subject, however, require any medicine, mild rhubarb pills are far better than castor oil or Epsom salts, which exhaust the constitution. Early rising is not advisable for a man in training, unless he has always been accustomed to it, as by doing so he becomes weary and jaded before the day is over. From 6 A.M. to 7.30 A.M., according to habit and season, is the best time for rising. After this a short walk, at an easy pace, should be taken before indulging in a swim, which is the best kind of bath if the weather be warm enough and available opportunities are at hand. Sea-bathing is the best, as it is more strengthening; and when that is not obtainable, a running stream or weir pool is preferable to a lake or still water. Should the time of year be winter, or no opportunity of outdoor bathing be available, a cold sponge bath at home should be indulged in. It is a most popular error to let the body cool down after exercise, before a bath; neither is it necessary to dry the skin first, as so doing does not close the pores, which is effected by a cold bath only, as that shrinks the skin. Violent exercise of any kind before breakfast on an empty stomach is most injurious; it wearies a man for the rest of the day. The use of cold water, in the present days of almost general "tubbing," does not require advocating, nor is it needful to expose the erroneous idea that the free use of it produces colds and sore throats: it is just

the opposite, as the chest becomes accustomed to cold water the more freely it is used, and can therefore better bear cold air and sudden changes. It need hardly be added, that after the bath a man should rub himself thoroughly dry all over with rough towels.

In the matter of diet it should be remembered that man is by nature both herbivorous and carnivorous. Consequently the most nourishing diet is a judicious combination of meat and vegetables. On returning home, breakfast should follow, and consist of two cups of tea, not too hot, stale bread or dry toast, any cold meat except veal or pork, or else a mutton chop or steak. Watercresses may be allowed freely, as they purify the blood and aid digestion. Tea, not too strong, is preferable to coffee, as the latter is heating and consumes the vital power of the body. Unless a man prefers his tea without it, there is no necessity to dispense with milk, which is one of the most nourishing articles of drink; but sugar must be carefully eschewed. A little butter—not more than one small pat—may be allowed at this meal; but if the man be inclined to make flesh he is better without it. Eggs are capital for a change, and tend to improve the wind. Chicken, fowls, and fish are also admissible, one of the great objects in training being to vary the diet as much as possible. Dinner should always be about 2 P.M. For this meal a joint of beef or mutton is preferable, always broiled or roasted, never boiled; although lamb is a good thing when in season, as it is easily digestible, venison, when obtainable, is *facile princeps* the best meat once or twice a week. As at breakfast, fish and fowl are allowable for a change, and any vegetables whatever which may be in season, with the exception of potatoes, carrots, beetroot, parsnips, and all other roots, as they contain much saccharine matter. Spinach is the best vegetable, after that French beans, then seakale or asparagus, but without butter. No condiments should be taken except salt, as pepper and mustard tend to produce thirst. Lettuces and mustard and cress are capital things, as they promote digestion; but they must be taken with no other flavouring except salt and vinegar. Light bread or fruit pies or puddings may be taken as a change, but in the case of the latter no crust should be eaten. Cheese must never be touched. And now for drinkables. On

this point nothing is better for dinner than a pint of good dry champagne, provided a man is strong and therefore does not want to make blood, which, as I have stated before, amateurs seldom want. Many advocate old ale, but the difficulty is to get it good and unadulterated except in the country. Port, sherry, stout, and all spirits are heating, and therefore consume the vital power of the body; although the former must of course be given in case a man is "trained off" or weak. Of other wines besides champagne, good sound claret is the best, but care must be taken that it does not produce diarrhœa in hot weather. If old ale is taken, a pint should be the quantity, and if one or two glasses of port wine are required after dinner, in the case of weak constitutions, not more than half a pint of ale is required. Of all liquids, however, champagne is the best, as it gives a man energy and life, without producing heaviness and fulness like port wine. If dessert is taken, one orange, or two or three Turkey figs are the best; but any fruit in season, freshly plucked, is admissible, as it promotes digestion. By far the best time, however, to take fruit is in the morning at breakfast, before the sun has been on it. No sugar must be eaten with it. It is as bad to eat directly after hard exercise as it is to do so just before, since the blood is distributed in those parts of the body which have been exercised. The evening meal, whether tea or supper, should be as light as possible; it is most injurious to the digestive organs to eat heartily before sleep. Half a pint, or even more if desired, of tea or old ale may be taken, and of food much the same description as at breakfast, though less in quantity, for the reasons just stated. Many advocate a basin of gruel at the evening repast. Although it is undoubtedly strengthening, its general efficiency may be doubted, for it suits the palates of very few except those accustomed to it; and one of the greatest points in training is not to compel a man to eat any food which is distasteful to him. In the above dietary more than two pints of liquid are allowed in the day: the theory of "stinting a man's liquor," as it is vulgarly termed, is a most fallacious one and quite contrary to nature, since when a man is in training he perspires through exercise, and the quantity of liquid thus exuded must to a certain extent be replaced. There is only one restriction that must be placed on taking more than two pints of drink during

the day, and that is that all drink should be taken at meals, and not at odd times and in the shape of *petits verres*. Condemning a trainee to thirst has the same effect as giving him ardent liquors. Both make him feverish, restless, and unable to sleep. The times of taking the meals must of course vary according to circumstances; but the maxim that "it is better to eat often in moderation than to gorge oneself once a day," should ever be remembered. Mr. H. Salter, a great authority on diet in training, wisely says, "the great thing in training is to find out as soon as possible what mode of living the subject has been accustomed to, and as it must to a great extent be the most suitable to his peculiar case, to adopt it without hesitation." Acting on this principle, the dietary above mentioned will be found the most suitable for gentlemen, being that to which they have been most accustomed. Pickles, spices, pepper, mustard, and all seasonings, sauces, and therefore all made dishes and *entrées*, which usually contain such condiments, must be carefully avoided, from their tendency to produce an unnatural appetite and create thirst. Liquids, like food, should never be swallowed directly after exercise, as cases of ulcerated sore throat are sometimes brought on by drinking when the throat is heated by exertion. If intense thirst is felt the mouth should be rinsed out with water, but nothing swallowed. Relief is often obtained by bathing the wrists and feet in cold water.

Much stress has been laid on forbidding smoking, the mischief of which is unquestionable; but when tobacco has been freely used, more injury is caused to the system by a sudden cessation than by a moderate continuance. By far the best way is to curtail the number of pipes consumed in the day as much as possible, and so gradually leave it off altogether. Persistent smoking and athletics are incompatible.

Sleep.—Of this eight hours is an outside limit, and from six to seven will generally be found sufficient, retiring to rest not later than 11 P.M., and rising from about 6 A.M. to 7.30 A.M., according to circumstances. The bedroom window should always be kept open at top and bottom, slightly in winter and wider in summer. Foul air generated by the human breath is never more hurtful than in a bedroom. Too much clothing should not be placed over the chest whilst sleeping, as by so doing respiration is more laboured, and

the legs and extremities, not the trunk, require extra covering for purposes of warmth. A mattress should be always used to sleep on, never a featherbed. High pillows and bolsters are very injurious. The natural height to which the head should be raised in sleep is about the thickness of the upper portion of the arm, which constitutes the pillow as designed by nature.

Clothing. — Flannel should be worn next the skin throughout the year, but beyond this no restriction is necessary when in mufti. The best attire for running is what is termed the University costume, and consists of a pair of thin merino or silk drawers, reaching to the knee and confined round the waist by a broad elastic band. For the upper part of the body a thin merino or silk Jersey is the best. No covering for the head is usually worn, but in a race of a long duration, *e.g.* a seven miles walking contest, it is advisable to wear a cap or straw hat if the rays of the sun are very powerful. Then, also, some wet cabbage or lettuce leaves in the crown of the cap greatly aid in counteracting the heat of the sun, and keeping the head cool. For running, thin shoes made of French calf, and fitting the foot like a kid glove when laced up, are worn. The sole should be thicker than the heel, and contain four or five spikes, the lacing being continued almost down to the toe. For walking races, the heel should be thicker than the sole, and contain a few "sparrow-bill" nails, none being required in the toes. Chamois leather socks, just covering the toes, but not reaching above the top of the shoe, are the best adapted for running. Ordinary merino or silk socks, but not thick and heavy like worsted ones, and worn over the chamois leather coverings, are the best for walking, as they prevent the dust and grit raised from the path from getting between the shoe and the foot. Except for sweating purposes heavy clothing should never be worn in practice, the gait and stride being much impeded thereby. A piece of cork of an elongated egg shape should be grasped in each hand while walking or running.

Exercise.—In all exertion two sets of muscles are used—the extraordinary or special, and the ordinary or habitual. The former are those which are specially brought into use by an exercise of the will on the part of the athlete while engaged in his proper pursuits; but the latter, in their connexion with the heart and lungs, are naturally and un-

consciously used by all men, whether athletes or not. Those particular muscles which are most brought into play by any special exercise will be the most developed, *e.g.* in walking chiefly those of the legs and thighs, in rowing chiefly those of the arms, legs, and loins. Like all other things, the beginning should be in moderation, and by far the best plan is to reduce all superfluous flesh, should there be any, before an attempt is made to contend against time. Thus a man will be able to walk or run with much more ease and comfort to himself, and will not be discouraged by what would otherwise be considered bad performances. Now the reduction of flesh is accomplished by a combination of two methods—either sweating it off, or working it into muscle, technically termed "caking" it. Sweating may be performed in two ways, either artificially or naturally. The former, except in the shape of a Turkish bath, is so weakening and injurious to the system, that it need not be further alluded to. The latter plan is by far the most healthy, being consonant to the laws of nature. It is accomplished by putting on a rough, but not too porous, worsted jersey next the skin, and running some distance at a slow steady pace, but not fast enough to cause distress or fatigue. If the lower limbs are much overloaded with flesh, a pair of woollen drawers may be advantageously worn, but this will be seldom required, the exercise itself in most cases sufficiently accomplishing the desired result. Working fat into muscle, or "caking" it, a most simple process, is performed by plenty of long and steady exercise, at a moderate pace, accompanied with severe rubbing with rough towels after the bath. The system of covering the body with several thick coats for sweating purposes is bad, and has a tendency to slowness in pace. The best distance to commence running for sweating is about a mile or more; if the pedestrian is not fatigued, and this should ever be avoided, the pace being an easy trot at first, afterwards gradually increased from day to day, as the limbs acquire elasticity, and the heart and lungs become accustomed to the increased number of respirations, the work becomes a pleasure instead of a toil. After our trainee has thus got himself into condition, actual practice should commence according to the length of the race in which he is about to compete. The directions for this are given in the ensuing chapters. It is a great mistake to take no exercise during the day, but running

the distance of the race once at top speed. Except for two or three hours after meals, the runner should be on the move, and taking light exercise or amusing himself, throughout the day. By so doing, he prevents stiffness of the muscles, and occupies the mind; but this, of course, is only feasible with those who can devote their entire time to training, and is a remark applicable to professionals rather than amateurs. Violent exercise before breakfast, as was said before, is bad, unless a man is accustomed to it. The time of day for performing the distance, or a portion of it, on the running path, should vary according to the time of the year. In the summer months when the sun is powerful, it is not advisable to take hard path exercise before 6 or 7 P.M.; but in spring, autumn, and winter, the best time is between 10 A.M. and noon, about two hours after breakfast. One or two days' rest should be taken before the day fixed for the contest, as by this means the limbs, which may have been wearied from constant work, recover their wonted elasticity and stride. One or more trials against time, at the distance to be run in the race, should be performed, but not within a week of the great event. In the case of sprint races, the distance may be run out oftener, but all trials should be left to the judgment of the trainer, who has by far the best perception as to weariness and jading from over-work. If it is apparent that a man is doing his utmost in a trial, yet still the watch tells a tale that the time is bad, the pedestrian should be at once stopt and given a day's rest, or even more if required. If the distance of the race be a quarter of a mile or under, the man may safely run it right out four or even five times a week. Should it, however, be a half mile or upwards, more work is necessary, and the distance traversed should be varied every day. After running on the path the pedestrian should have a cold bath, and be well rubbed down all over, for the purpose of avoiding stiffness. Before starting in a race, the legs should be well rubbed and a gentle canter taken, in order to give elasticity to the muscles. Directions for timing will be found at page 18. If the trainer does not wish the time of a man's trial to be known, the best method is to let him make a few false starts, as "touts" may be thereby put off their guard.

Accidents during Training.—These are chiefly strained muscles, blisters, and corns. In the case of the first, *perfect rest must be taken* until a complete cure is effected.

The following embrocation, originally introduced by Mr. Charles Westhall, may be useful:—"Spirits of wine, a quarter of a pint; spirits of turpentine, a quarter of a pint; white vinegar, a quarter of a pint. Mix the above ingredients thoroughly, and place before the fire until slightly warm. Beat up thoroughly a new-laid egg, and mix gradually with the spirits, &c., taking great care that the bottle is well shaken from time to time." For blisters, the best method is to lance the skin with a needle, never with a pin, and press the water out; they will then generally heal up in a short time. Should the skin become badly broken, the foot must be well bathed in warm water, and the part kept protected by a bandage of lint, well soaked in Goulard water. Blisters generally occur in training for walking matches rather than in running. Corns are usually caused by tight-fitting boots, and should be extracted, as soon as possible, by bathing them in hot water. But in all these prevention is better than cure. For other more serious accidents, such as rupture, sprained ankles, and the like, the pedestrian should immediately seek the best medical advice obtainable, and on no account attempt a self cure.

In conclusion, an athlete should confine himself exclusively to that kind of exercise which suits him best, if he wishes to be a proficient, and at the same time recollect that there is "moderation in training" as in other things. Very few men are A 1 all round; in fact, the only man that has ever been so among professionals is Charles Westhall; among amateurs the late Captain Barclay, and perhaps, in the present day, E. B. Michell, of Magdalen College, Oxford, and J. G. Chambers, of Trinity College, Cambridge, both of whom are celebrated on land and water. A novice should never attempt self-training, but always seek the advice of some experienced person, an amateur if possible, as professionals are too often apt to train by a stereotyped code of rules, without studying the peculiarities of each constitution. Be it ever remembered, however, a man anywhere weak by nature should never attempt training without the permission of his medical adviser.

CHAPTER VI.

WALKING.

THIS branch of pedestrianism is undoubtedly the most arduous, and requires more severe training than any other; and yet, as the means of locomotion used in practice every day, all should become acquainted with its principles. As an exercise for bringing into play all the muscles of the body none can equal it, since in fast walking, not only the muscles of the feet, legs, and loins are used, but those of the ribs, chest, shoulders, and also arms, while they work across the body. No description of race is more pleasing to spectators than a closely, and I may add *fairly*, contested walking match, in which the competitors *walk* in the strict sense of the word, and attempt no "lifting," the technical term for unfair going.

Walking ought to consist of a succession of steps, not of leaps, which constitute running. Fair walking is generally called "toe and heel," and one foot should always be on the ground. The steps are taken as much as possible from heel to heel, which part of the foot must touch the ground first and be firmly dug into it. The ball and toe of the foot should not be on the ground for any perceptible space of time; if they are dwelt on the walker loses a certain amount of time in each stride, besides causing the knee to bend by bringing the weight of the body on the toes, which are unable to bear it. The latter point is one of the great differences between running and walking; in the former all the weight of the body is thrown on the toes and balls of the feet, and in the latter on the heels. At each stride the loin and hip, corresponding to the leg which is being put forward, should be twisted well round, the right loin and hip towards the left, and the left loin and hip towards the right. By this means the walker is enabled to put his feet down almost in a geometrical *straight line, one* in front of the other, and thereby gains

additional length of stride. As regards the upper part of the body, the arms must be kept well up and inclined outwards from the chest, with the elbows slightly bent; since in fast-walking the arms perform almost as important functions as the legs. Each arm must be swung across the chest, and the shoulder well lifted at the same time in unison with each alternate stride. The object of this motion is to raise the weight of the body off the heels, and thereby enable the legs to take a quicker stride. Some walkers keep the arms close to the body, move them much less, and more towards the nostrils. This method, however, is only suitable to men very slightly built about the chest and trunk. They can walk with a very quick and rapid stride, being enabled to move their legs much faster from having no top weight to carry. This mode, however, is more suited for short than long distances, as the rapidity of stride requires great power of endurance, rarely found in small-chested men; and in a long race the pedestrian who gets over the same ground with fewer strides, and consequently less physical exertion, has a great advantage. Above all things, the shoulders must be kept well back, the chest out, the whole body as upright as possible, and the knees perfectly straight. Nothing tends so much to "lifting" as stooping forward with the body or bending the knees. In fact, a competitor who walks in this style is sure, involuntarily, to commence running if pressed in a race, because the weight of his body is thrown on his toes instead of the heels, this being the essential difference between running and walking.

The first thing to be done with a novice, who desires to be trained for walking, is to get him into good style at once. A great deal depends on this, as bad faults are more easily taught than eradicated, and a man who has acquired a good style of walking from the very commencement seldom infringes the rules of "fair toe and heel." If a man requires sweating it should be done as soon as possible, by taking long steady walks, never by running. For one whose style is already secured, however, the best method is to walk short distances at top speed. This has the same effect for sweating purposes as long distances at a slower rate, and does not make him lose pace. On the other hand, it is a bad plan to force the pace with a young beginner till he has acquired style, as by so doing his "going" would very likely become doubtful. When the pupil,

therefore, has possessed himself of both wind and good style, he should commence fast walking in order to obtain speed. This desideratum is acquired by walking short distances, beginning with a quarter of a mile, at his very best speed. As soon as he can accomplish this in anything under two minutes, he may gradually increase the distance from day to day; but must be particularly careful not to continue long distances, if the watch indicates that he is at all affected with "the slows." Nothing makes a man lose speed so much as walking long distances at a slow rate. On commencing training, the number of aches and pains all over the body are legion. This is caused by the fact mentioned in the previous chapter, that a set of muscles, different to those in previous use, have to be gradually built up and brought into play. In fact, owing to the severe exertion every part of the body is obliged to undergo in fast walking, there is no other kind of exercise wherein a beginner has to endure so much physical pain. The two commonest ailments which a walker suffers from, are shin-soreness and stitch. The former is often felt by ordinary walkers along a road or street; and in this case is very frequently caused by wearing heavy boots, a great drag on the shin bones; or by wove drawers which fit tight to the leg and thereby heat the muscles.* The only way to cure shin-soreness is to stop for a few minutes when it comes on very severely, and rub the legs well. Stitch seldom comes on if a man is in condition and good health. It is best got rid of by walking indomitably on and trying to forget its existence. A man cannot start too fast in a walking race, whatever the distance may be. He should get off at his very utmost speed, thereby getting through the "aches and pains" stage the sooner, after which he blows freely, goes with more ease to himself; and, since the action then becomes mechanical, can generally keep on at the same rate till nature is exhausted. Of course, this is presuming that he is in first-rate condition, without which a man cannot contend in a walking race with any prospect of success. The most trying part of a walking race is probably between the end

* This description of drawers is the most unhealthy that can be worn for the above reason; besides being most dangerous in case of the wearer falling into the water, which collects in them all down the legs; and, being unable to escape at the bottom, *renders swimming* very difficult.

of the first hundred yards and half a mile, since the pedestrian is all over aches and pains, and has not reached his second wind. It is for this reason that walking requires such indomitable pluck and perseverance in carrying a man over this portion of the race. If he wavers for a moment and gets his arms down, it is all up with him. Should a man be unable to cut down his fellow competitors at starting, and take a commanding lead at once, his best plan is to keep doggedly behind them and so wear them out. On no account, however, must he permit them to get away more than four or five yards at the outside. Walking is different from running in this respect, since in the former a long lead can scarcely ever be regained. When the leaders are distressed, he should rush at them and try to go by. If unable to succeed at the first attempt, he should try again repeatedly until he gets to the fore. Nothing worries the leader in a walking race so much as having a man whom he cannot shake off, doggedly plodding at his heels. Again, if a man holds a long lead and is approached by another competitor, he should always recollect that the latter has taken a great deal out of himself in coming up, and therefore struggle hard to keep the lead. Should a walker have the race so safe in hand as to find time to ease himself, the best way of doing so is to take slower, not shorter strides, and to put the arms more out from the body, but on no account to lower them. In conclusion, the motto of any athlete who wishes to "take honours" in walking, must be "start at your very best pace, whether practising or racing, and the more distressed you feel, the faster you must try to go." Easing will relieve distress, but meanwhile, a long lead is obtained by other competitors. On the other hand, if the pedestrian is in good condition and keeps indomitably on, the distress will be invariably walked off, provided only the man be sound at heart and in good condition. Approach not the course, if these essentials be wanting.

The fastest times for amateur walking, at all distances, will be found at pages 113 and 114.

CHAPTER VII.

RUNNING.

THIS branch of pedestrianism may be appropriately divided into three heads:—viz., "Sprint* running," which includes all distances, from 100 up to 400 yards; medium distances, from a quarter to three quarters of a mile; and lastly, long distances, from one mile and upwards.

SECTION I.—SPRINT RUNNING.

Short distances are in vogue with the majority of runners, as they require a less severe and arduous preparation than long races. At the commencement of work, a man should begin running about a quarter of a mile in order to bring the necessary muscles into play. In running, the leaps are taken from toe to toe, as by this means a longer stride is obtained. The chief muscles used in short distance running are those of the front part of the thigh, which bring the legs forward at each stride. After the pedestrian has been sweated sufficiently, and finds that he can run with comfort to himself and without undue strain on any of the muscles, he should quicken his pace, commencing by practising starts, and gradually increasing the distance at top speed up to that of the race itself. In sprinting, half the battle is in starting well, and this therefore should be practised till a man is a proficient thereat. A great mistake is often made in keeping the feet too far apart, as by so doing the pedestrian

* The technical word "sprint" is in use in the vulgar tongue of Northamptonshire, where it means "lively." It is probably allied to "springe," a noose which, fastened to an elastic stick, catches with a spring or jerk; also to "springal," an active young man; and to "spring" itself, in its manifold meaning of elastic force, whether in the season of the year, or in the efforts of the body, or in the sources o water, or in the young shoots of plants.

gives himself unnecessary exertion. About twelve inches is quite far enough apart to keep the feet, and the body should be kept nearly upright, with its weight resting on the hindermost foot. The arms should hang down, and move in planes parallel with the sides of the body, and not be kept up across the chest, as in walking. A man to act as a "trial horse" is of great service, as it tends to make a competitor run himself out more. The use made of such trial horse should vary from time to time—now starting behind the pedestrian, now running the last portion of the distance with him.

The course may be run at top speed oftener in a sprint race than a long distance one, as the exertion is less protracted. When a contest is run in heats, as sprint races usually are, a man should lie down on his back and rest between each heat. Should nature require any support, the best thing to take is a dry crust or biscuit and a small quantity of brandy nearly neat. A man must be careful to keep in his stride, and to run straight at the tape, on which he should always keep his eyes fixed; or otherwise he will be apt to "cannon" other competitors, whom he may seriously injure with his spikes.

Section II.—Medium Distances.

Of these the first, a quarter of a mile, is undoubtedly the most difficult of *all* distances to run, because it requires both speed and endurance. In a quarter, a man must "spirt" the whole way. For all medium distances the runner should commence by taking spins of from half to three-quarters of a mile, according to the distance to be run, until he is in condition and the muscles have become flexible. After this, he should run 300 yards, or more, according to the distance, at top speed, and afterwards gradually increase the length of this spin from day to day. Quarter and half miles, and 600 yards, are favourite amateur distances; but three quarters of a mile is seldom run.

Section III.—Long Distances.

Of these a mile is the most favourite amongst amateurs. For all long distances the great desiderata are wind and endurance. In practising, therefore, long runs at a steady pace must be taken. The best distance to begin at is a mile, which should be first done in about eight minutes,

which time must be reduced by three minutes or more after the pedestrian has become accustomed to his work. When a mile, therefore, can be performed in five minutes, longer runs may be tried according to the length to be run in the contest. Two and three miles are frequent distances with amateurs, but beyond four miles few amateur races of note have occurred. In all long distance races a man scarcely ever wants to run more than one trial before the day, as he only uselessly tires himself by so doing.

The fastest running times at all distances will be found at pages 115 to 119.

CHAPTER VIII.

JUMPING.

JUMPING requires more sudden contraction and expansion of the muscles than any other branch of pedestrianism, but is accompanied by fewer mishaps through over-exertion. Leaping, as usually practised at modern athletic meetings, may be divided into high, broad, and pole jumping, and hurdle racing. Vaulting, standing leaps, and the hop-step-and-jump, are now almost obsolete.

SECTION I.—HIGH JUMPING.

Practice should commence at about three feet, which height should be continued until the athlete has got the necessary muscles thoroughly flexible. When this has been accomplished the height may be gradually raised. About ten or a dozen paces will be generally found a sufficient run to take, but the distance varies according to fancy and habit with nearly every leaper. Taking off at a distance of half the height to be cleared is the best. Never take too long a run, as it entails needless exhaustion. A great point in high jumping is to leap gracefully; to do this the legs should be brought well up under the body in the leap, and care taken to clear the bar with the trunk as well as the lower limbs, the jumper alighting on the toes and balls of the feet.

SECTION II.—WIDE JUMPING.

This description of leaping is perhaps the easiest of all. Practice should commence at about ten or eleven feet, the distance being gradually increased. A run of about eighteen or twenty paces is sufficient, and care must be taken not to get out of step in the run or take off before the scratch is reached. The run should be quick and practised frequently at a short distance, if any difficulty

is found in keeping step. The jumper alights on his heels instead of his toes, as in high jumping.

Section III.—Pole Jumping.

The leaping pole should be made of fir or ash, and about eleven or twelve feet in height, gradually tapering towards the top, and with a steel spike at the foot. As in all other contests the leaper must commence at a moderate height, about six feet, and gradually raise the bar as he becomes accustomed to the exercise. He should firmly grasp the pole at about the height to be cleared, the hands two to three feet apart, with the right one uppermost if he be a right-handed man. A run of from fifteen to twenty paces should be taken, holding the pole well in front. On taking off, the weight of the body must be raised by the arms, and the legs should surmount the bar first, the body being kept almost in a straight line with them, and brought over afterwards. The leaper thus alights facing the side from which he took off, where he also leaves his pole, which must be quitted hold of on reaching the bar.

Section IV.—Hurdle Racing.

This branch of pedestrianism has essentially been a favourite one since the institution of modern athletic meetings. The usual height of the hurdles is 3 feet 6 inches, but their distance apart varies according to the length of the race and the number of flights. In hurdle racing much depends on whether the obstacles are "bucked" or leapt over. The former is by far the quickest and easiest method, and consists of taking the hurdles in stride, and thus not interrupting the regular run. "Bucking," however, requires much practice, and should be commenced over low obstacles, about two feet high. Jumping the hurdles causes the competitor to alter his stride and so lose time. Care must be taken not to trip at or touch the top bar, as doing so almost invariably entails a mishap.

The greatest heights and longest distances accomplished in amatcur leaping, as well as the fastest times for amateur hurdle racing, will be found at pages 119 and 120.

CHAPTER IX.

THROWING THE HAMMER, AND PUTTING THE WEIGHT.

SECTION I.—THROWING THE HAMMER.

THIS branch of exercise has only been lately introduced south of the Tweed. The novice should commence practising with a light hammer, from seven to eleven pounds, the usual one being sixteen pounds in weight, with a handle from three feet to three feet six inches long, according to the height of the thrower. Great strength is required in the muscles of the back and loins, few weak men being adepts at this pastime, or at that of putting the weight. At first, a run of four or five yards only should be taken, until the athlete has acquired the knack of swinging the missile. The latter should be grasped firmly, and swung round like a pendulum, till a good momentum is acquired. When this is accomplished, a short run should be made in the direction to be thrown, the hammer being swung round in a plane at right angles to the vertical position of the body. One or two final turns of the body are taken in the run, and a final impetus given in the last half of the last turn. The throwing seldom takes place from a scratch, but the distance is usually measured from that footstep of the competitor nearest the pitch of the head of the hammer. In swinging the missile during the run, care must be taken to keep it low, otherwise the curve described in its flight through the air will be too high.

SECTION II.—PUTTING THE WEIGHT.

This also is an innovation from across the border. The amount of run allowed always ought to be limited to seven feet, and no "follow" permitted, so the athlete may not pass either of the lines drawn seven feet apart, during the process of putting. The body should be

balanced on the right leg and foot, which are placed close on the hindermost line, the left leg being rested slightly between the two scores. Meanwhile the weight should be grasped in the right hand, which should again rest on the corresponding shoulder. The putter should then rise and fall on the balls of the feet, raising the weight at the same time till a sufficient impetus is obtained. When this has been accomplished, one or two hops should be made towards the scratch line, the left leg being made a pivot at the end of them, and the missile delivered at the moment the right leg reaches the scratch line. The great art in this pastime consists in making a quick jump when the weight leaves the hand, rather than a heave; but elevation is, nevertheless, a great object in successful "putting." Sheer strength of the shoulders, back, and loins is more than ever requisite in this pastime.

The longest distances accomplished by amateurs in throwing the hammer and putting the weight, will be found at page 120.

CHAPTER X.

STATISTICS.

SECTION I.—OXFORD AND CAMBRIDGE UNIVERSITIES.

First Meeting, March 5, 1864, on Christ Church Cricket Ground, Oxford.

100 *Yards.*—B. S. Darbyshire, Oxford, 1; A. H. Harrison, Cambridge, 2; H. C. Jollye, Oxford, 3; W. F. Wynne, Cambridge, 4. Won by half a yard. Time, 10½ seconds.

High Jump.—F. H. Gooch, Oxford (5 feet 6 inches) 1; G. M. Osborne, Cambridge (5 feet 4 inches) 2; C. Wyatt-Smith, Oxford, 3; R. A. Gatty, Cambridge, 4.

Quarter Mile.—B. S. Darbyshire, Oxford, 1; A. H. Harrison, Cambridge, 2; W. E. Heap, Oxford, 3; P. M. Thornton, Cambridge, 4. Won by 2 yards. Time, 53 seconds.

Hurdle Race, 120 *Yards.*—A. W. T. Daniel, Cambridge, 1; E. W. Finch, Cambridge, 2; C. Bill, Oxford, 3; H. Skelton, Oxford, 4; E. B. Michell, Oxford, 5; R. Kerrison, Cambridge, 6. Won easily. Time, 17¾ seconds.

Wide Jump.—F. H. Gooch, Oxford (18 feet), 1; C. Booth (17 feet 4½ inches), 2; W. Wright, Cambridge, 3; T. M. Davenport, 4.

Hurdle Race, 200 *Yards.*—E. W. Finch, Cambridge, 1; A. W. T. Daniel, Cambridge, 2; H. Skelton, Oxford, 3; — Onslow, Cambridge, 4; C. Bill, Oxford, 5; E. B. Michell, Oxford, 6. Won by 6 inches. Time, 26¾ seconds.

One Mile.—C. B. Lawes, Cambridge, 1; A. H. Hannam, Oxford, 2; G. B. Streaton, Oxford, 3; P. M. Thornton, Cambridge, 4; T. S. Warnam, Oxford, 5. Won easily. Time, 4 minutes 56 seconds.

Steeple Chase, 2 Miles.—R. C. Garnett, Cambridge, 1; R. E. Webster, Cambridge, 2; C. B. Clive, Oxford, 3; J. Wood, Oxford, 4; A. Grant, Oxford, 5.

March 25, 1865. *Fenner's Ground, Cambridge.*

Putting the Weight.—The method of putting being different at each University, it was decided that the competitors should have two puts in each style, and the aggregate of the two best puts should decide. G. W. Elliot, Cambridge (65 feet ¾ inches), 1; C. Booth, Cambridge (64 feet 5¾ inches), 2; J. Jones, Oxford, 3; W. H. Croker, Oxford, 4.

One Mile.—R. E. Webster, Cambridge, 1; Earl of Jersey, Oxford, 2; H. Moor, Oxford, 3; F. H. Cheetham, Cambridge, 4; E. B. Michell, Oxford, 5. Won by 40 yards. Time, 4 minutes 43½ seconds.

100 *Yards.*—H. C. Jollye, Oxford†, 1; Hon. F. G. Pelham, Cambridge†, 2; R. J. Hood, Cambridge, 3; D. Morgan, Oxford, 4. Won by half a yard. Time, 10¾ seconds.

High Jump.—F. H. Gooch, Oxford (5 feet 5 inches), 1; G. M. Osborne, Cambridge (5 feet 4½ inches), 2; E. M. Moore, Oxford, 3; J. H. T. Roupell, Oxford, 4.

Throwing the Cricket Ball.—E. A. Gray, Cambridge (103 yards 2 feet 8 inches), 1; G. M. Osborne, Cambridge (100 yards 2 feet 11 inches), 2; E. A. Gillett, Oxford, 3; W. H. Croker, Oxford, 4.

Hurdle Race, 120 *Yards.*—T. Milvain, Cambridge, 1; L. Tiffany, Cambridge, 2; C. N. Jackson, Oxford, 3; D. Morgan, Oxford, 4. Won by a yard. Time, 19 seconds.

Quarter Mile.—Hon. F. G. Pelham, Cambridge, 1; E. W. Tritton, Oxford, 2; F. H. Cheetham, Cambridge, 3; M. G. Knight, Oxford, 4. Won easily. Time, 55½ seconds.

Wide Jump.—F. H. Gooch, Oxford (18 feet 9 inches), 1; G. W. Elliot, Cambridge (18 feet 1 inch), 2; W. F. Maitland, Oxford, 3; W. C. Barker, Cambridge, 4.

Two Miles.—R. E. Webster, Cambridge, 1; A. H. Johnson, Oxford, 2; R. C. Garnett, 3; Earl of Jersey, Oxford, 4. Won by 40 yards. Time, 10 minutes 38½ seconds.

March 9, 1866. *Christ Church Cricket Ground, Oxford.*

Throwing the Hammer.—G. R. Thornton, Cambridge (87 feet 7 inches), 1; R. J. S. James, Cambridge (86 feet 9 inches), 2; D. Morgan, Oxford, 3; W. H. Croker, Oxford, 4.

One Mile.—J. W. Laing, Oxford, 1; W. P. Bowman, Oxford, 2; W. C. Gibbs, Cambridge, 3; C. B. Lawes, Cambridge, 4; J. W. Fletcher, Oxford, 5. Won by 20 yards. Time, 4 minutes 46 seconds.

High Jump.—J. H. T. Roupell, Cambridge (5 feet 6 inches), 1; T. G. Little, Cambridge (5 feet 5 inches), 2; F. W. Parsons, Oxford, 3; W. C. Stuart, Oxford, 4.

100 *Yards.*—R. W. Vidal, Oxford†; T. M. Colmore, Oxford†; B. B. Connolly, Cambridge, 3; J. S. E. Hood, Cambridge, 4. Time, 10¼ seconds. The dead heat was not run off.

Putting the Weight.—G. W. Elliot, Cambridge (32 feet 10½ inches), 1; R. Waltham (32 feet 9½ inches), 2; D. Morgan, Oxford, 3; C. C. Cotes, Oxford, 4.

Quarter Mile.—Hon. F. G. Pelham, Cambridge, 1; E. Nolan, Oxford, 2; F. H. Cheetham, Cambridge, 3; M. G. Knight, Oxford, 4. Won by 3 yards. Time, 54¼ seconds.

Wide Jump.—T. G. Little, Cambridge (20 feet 4 inches), 1; W. F. Maitland, Oxford (19 feet 11 inches), 2; A. C. Tosswill, Oxford, 3; J. Law, Cambridge, 4.

Hurdle Race, 120 *Yards.*—D. Morgan, Oxford, 1; R. W. Vidal, Oxford, 2; T. Milvain, Cambridge, 3; L. Tiffany, Cambridge, 4. Won by 2 yards. Time, 18¼ seconds.

Two Miles.—J. W. Laing, Oxford†; C. H. Long, Cambridge†; T. G. Little, Cambridge, 3; R. C. Garnett, Cambridge, 4; W. P. Bowman, Oxford, 5; A. H. Johnson, Oxford, 6. Time, 10 minutes 20 seconds. The dead heat was not run off.

April 12, 1867. *Beaufort House, Walham Green.*

High Jump.—T. G. Little, Cambridge (5 feet 9 inches), 1; C. E. Green, Cambridge (5 feet 8 inches), 2; Hon. F. S. O'Grady, Oxford, 3; F. W. Parsons, Oxford, 4.

100 *Yards.*—E. A. B. Pitman, Cambridge, 1; T. M. Colmore, Oxford, 2; C. C. Corfe, Cambridge, 3; J. Somervell, Oxford, 4. Won by half a yard. Time, 10⅘ seconds.

Wide Jump.—C. A. Absolom, Cambridge (20 feet 2 inches), 1; W. F. Maitland (20 feet 1 inch), 2; T. G. Little, Cambridge, 3; W. G. Edwards, Oxford, 4.

Hurdle Race, 120 *Yards.*—C. N. Jackson, Oxford, 1; H. M. Thompson, Cambridge, 2; A. Hillyard, Oxford, 3; R. Fitzherbert, Cambridge, 4. Won by 3 yards.

One Mile.—S. G. Scott, Oxford, 1; E. Royds, Cam-

bridge, 2; J. W. Fletcher, Oxford, 3; W. C. Gibbs, Cambridge, 4; T. G. Little, Cambridge, 5. Won by 6 yards. Time, 4 minutes 40⅖ seconds.

Putting the Weight.—R. Waltham, Cambridge (34 feet 9 inches), 1; T. Batson, Oxford (32 feet 11 inches), 2; C. A. Absolom, Cambridge, 3; W. R. Burgess, Oxford, 4.

Quarter Mile.—E. A. B. Pitman, Cambridge, 1; W. F. Maitland, Oxford, 2; Hon. F. G. Pelham, Cambridge, 3; W. J. Frere, Oxford, 4. Won by 2 yards. Time, 51⅘ seconds.

Throwing the Hammer.—J. R. Eyre, Cambridge (98 feet 10 inches), 1; G. R. Thornton, Cambridge (97 feet 3 inches), 2; W. H. Croker, Oxford, 3; W. Hedley, Oxford, 4.

Two Miles.—R. L. N. Michell, Oxford, 1; C. H. Long, Cambridge, 2; J. H. Morgan, Oxford, 3; C. G. Kennedy, Cambridge, 4; A. E. R. Micklefield, Cambridge, 5; J. W. Fletcher, Oxford, 6. Won by a foot. Time, 10 minutes.*

April 3, 1868. *Beaufort House, Walham Green.*

High Jump.—Hon. F. S. O'Grady, Oxford (5 feet 7 inches), 1; G. Hoare, Cambridge (5 feet 6 inches) †; F. W. Parsons, Oxford (5 feet 6 inches) †; C. E. Green, Cambridge, 4.

One Mile.—W. C. Gibbs, Cambridge, 1; J. W. Laing, Oxford, 2; W. P. Bowman, Oxford, 3; S. G. Scott, Oxford, 4; H. Gurney, Cambridge, 5. Won by 15 yards. Time, 4 minutes 28⅘ seconds.*

Throwing the Hammer.—T. Batson, Oxford (99 feet 6 inches‡), 1; H. Leek, Cambridge (98 feet 8 inches), 2; J. R. Eyre, Cambridge, 3; W. A. Burgess, Oxford, 4.

Hurdle Race, 120 Yards.—C. Pitt-Taylor, Cambridge, 1; L. E. Newnham, Oxford, 2; A. Hillyard, Oxford, 3; R. Fitzherbert, Cambridge, 4. Won by 3 yards. Time, 16⅘ seconds.*

100 *Yards.*—J. P. Tennent, Oxford, 1; C. A. Absolom, Cambridge, 2; C. C. Corfe, Cambridge, 3; F. O. Philpott, Oxford, 4. Won by 2½ yards. Time, 10⅕ seconds.

Putting the Weight.—R. Waltham, Cambridge (34 feet

* The fastest amateur time on record.

‡ The longest amateur throw on record.

3 inches), 1; C. A. Absolom, Cambridge (33-feet 6 inches), 2; W. R. Burgess, Oxford, 3; T. Batson, Oxford, 4.

Quarter Mile.—J. H. Ridley, Cambridge, 1; W. J. Frere, Oxford, 2; A. W. Lambert, Cambridge, 3; R. V. Somers-Smith, Oxford, 4. Won by 3 yards. Time, 51 seconds.

Wide Jump.—A. C. Tosswill, Oxford (21 feet 2½ inches), 1; R. Waltham, Cambridge (21 feet 1¾ inches), 2; C. A. Absolom, Cambridge, 3; F. O. Philpott, Oxford, 4.

Three Miles.—J. H. Morgan, Oxford, 1; R. L. N. Michell, Oxford, 2; G. G. Kennedy, Cambridge, 3; A. E. R. Micklefield, Cambridge, 4; E. Royds, Cambridge, 5; J. W. Fletcher, Oxford, 6. Won by 170 yards. Time, 15 minutes 20⅗ seconds.*

SECTION II.—LIST OF GENTLEMEN AMATEUR CHAMPIONS.

One Hundred Yards,

			Min.	Sec.
1866.	T. M. Colmore	Oxford Univ. A. C.		10½
1867.	J. H. Ridley	Eton College		10¾
1868.	W. M. Tennent	Manchester A. C.		10⅕

Quarter Mile. K. T. DIGBY, Esq.'s Challenge Cup.

1866.	J. H. Ridley	Eton College		55
1867.	Ditto	Ditto		52¾
1868.	E. J. Colbeck	London A. C.		*50⅖

Half Mile.

1866.	P. M. Thornton	Cambridge Univ. A. C.	2	5
1867.	W. J. Frere	Oxford Univ. A. C.	2	10
1868.	E. J. Colbeck	London A. C.	2	2

One Mile.

1866.	C. B. Lawes	Cambridge Univ. A. C.	4	39
1867.	S. G. Scott	Oxford Univ. A. C.	4	42
1868.	W. M. Chinnery	London A. C.	4	33⅕

* The fastest amateur time on record.

Four Miles. LORD JERSEY'S Challenge Cup.

			Min.	Sec.
1866.	R. C. Garnett	Cambridge Univ. A. C.	21	41
1867.	G. G. Kennedy	Ditto, ditto	22	13
1868.	W. M. Chinnery	London A. C.	*21	12

Walking. Seven Miles.

1866.	J. G. Chambers	Cambridge Univ. A. C.	59	32
1867.	J. H. Farnworth	Liverpool A. C.	58	12
1868.	W. Rye	London A. C.	*57	40

High Jump.

			Ft.	In.
1866.	T. G. Little J. H. T. Roupell	Cambridge Univ. A.C.† Ditto, ditto	5	9
1867.	C. E. Green T. G. Little	Ditto, ditto Ditto, ditto	5	8
1868.	R. J. C. Mitchell	Manchester A. C.	5	8

Wide Jump.

1866.	R. Fitzherbert	Cambridge Univ. A. C.	19	8
1867.	Ditto	Ditto, ditto	19	4½
1868.	R. J. C. Mitchell	Manchester A. C.	19	8½

Pole Jump.

1866.	F. Wheeler		10	0
1867.	W. F. P. Moore	London A. C.	9	3
1868.	R. J. C. Mitchell	Manchester A. C.	†10	6½

Hurdle Race. One Hundred and Twenty Yards.

			Sec.
1866.	T. Milvain	Cambridge Univ. A. C.	17¾
1867.	J. Law	Ditto, ditto	**
1868.	W. M. Tennent	Manchester A. C.	17⅘

Throwing the Hammer. 16 *lbs.*

			Ft.	In.
1866.	W. J. James	Cambridge Univ. A. C.	78	5
1867.	P. Halket	London A. C.	94	7
1868.	H. Leeke	Cambridge Univ. A. C.	‡99	6

* The fastest amateur times on record.
† The greatest amateur height on record.
** No time taken.
‡ The longest amateur throw on record.

Putting the Weight. 16 *lbs.*

		Ft.	In.
1866. C. Fraser		*34	10
1867. J. Stone	Liverpool A. C.	36	6
1868. Ditto	Ditto	‡37	11

SECTION III.—WEST LONDON ROWING CLUB.

With the exception of the Honourable Artillery Company, who held their first athletic sports in 1858, this club inaugurated the metropolitan athletic era.

First Meeting, November 30, 1861. *At Brompton Ground.*

150 *Yards.*—Final heat: F. W. Bryant, 1; C. West, 2. *Quarter Mile.*—G. D. Lister, 1; E. Nash, 2. Won easily. *Half Mile.*—A. R. Pitt, 1; won easily. *One Mile.*—F. W. Bryant, 1; E. Nash, 2. Won easily.

January 18, 1862. *At Brompton Ground.*

Quarter Mile.—F. W. Bryant, 1; T. Bond, 2. Won easily. Time, 57½ seconds. *Half Mile.*—G. D. Lister, 1; J. Niblett, 2. Won by three quarters of a yard. Time, 2 minutes 18 seconds. *One Mile.*—C. E. Innes, 1; A. R. Pitt, 2. Won by three yards. Time, 5 minutes 35 seconds.

November 29, 1862. *At Brompton Ground.*

120 *Yards.*—Final heat: H. J. Embleton, 1; W. Escott, 2. Won easily. *Quarter Mile.*—E. Howard, 1; F. Rayment, 2. Won easily. *One Mile.*—A. R. Pitt, 1; F. Drake, 2. Won easily. *Half Mile.*—H. J. Embleton, 1; F. J. Tyler, 2. Won easily.

January 24, 1863. *At Brompton Ground.*

Half Mile.—H. Bright, †, w. o; A. R. Pitt, †, 0. 120 *Yards.*—T. Bond, 1; W. Escott, 2. Won after a disputed race by a yard. *Quarter Mile.*—E. T. Embleton, 1; G. D. Lister, 2. Won by 8 yards. *One Mile, open.*—F. W. Bryant, West London R. C., 1; W. H. T. Hawley, Twickenham R. C., 2. Won easily. *Two Miles.*—A. R. Pitt, 1; J. Cox, 2. Won easily.

February 21, 1863. *At Brompton Ground.*

120 *Yards.*—Final heat: W. Escott, 1; C. Collins, 2. Won by a yard and a half. Time, 13½ seconds. *Quarter*

* The weight of the ball was accidentally 18 lbs. 10 oz.
‡ The longest amateur "put" on record.

Mile Handicap.—Final heat: H. J. Embleton (scratch), 1; F. Drake (12 yards), 2; E. Bright (8 yards), 3. Won by a yard. Time, 58 seconds. *Half Mile.*—A. R. Pitt, 1; E. Howard, 2. Won by 12 yards. Time, 2 minutes 26 seconds. *One Mile.*—C. Collins, 1; J. Cox, 2. Won easily. Time, 5 minutes 45 seconds. *Two Miles.*—G. D. Lister, 1; F. Rayment, 2. Won easily. Time, 12 minutes 17 seconds.

November 7, 1863. *At Ashburnham Grounds, Cremorne.*

100 *Yards.*—Final heat: R. Hall, 1; W. Mares, 2. Won by half a yard. *Half Mile.*—R. Hall, 1; W. Shephard, 2. Won by 4 yards. 220 *Yards.*—T. Bond, †, 1; R. Hall, †, 2. The deciding heat was won easily. *Quarter Mile.*—G. D. Lister, 1; W. Shephard, 2. Won by 5 yards. *Hop, Step, and Jump.*—D. M. Roberts (31 feet 3 inches), 1.

February 20, 1864. *At Brompton Ground.*

First prize presented by T. W. Wallace, Esq.

Quarter Mile Handicap.—Final heat: W. A. Simpson (14 yards), 1; T. Bond (10 yards), 2; F. W. Bryant (scratch), 3; E. Howard (14 yards), 0; A. R. Pitt (18 yards), 0. Won by three quarters of a yard; one and a half between second and third. Time, 55 seconds, the weather being extremely unfavourable.

March 12, 1864. *At Brompton Ground.*

Prize presented by W. H. Royston, Esq.

One Mile Handicap.—W. A. Simpson (45 yards), 1; G. D. Lister (scratch), 2; A. R. Pitt (40 yards), 0; T. Bond (45 yards), 0. Won by 15 yards.

November 19, 1864. *At Brompton Ground.*

100 *Yards.*—W. A. Simpson, 1; B. F. Slater, 2. Won by 2 yards. *Half Mile.*—W. L. Slater, 1; W. Shephard, 2. Won by 20 yards. Time, 2 minutes 16 seconds. *Two Miles, walking.*—A. D. Houseman, 1; B. F. Slater, 2. Won by 20 yards. Time, 17 minutes 25 seconds. *Quarter Mile.*—W. A. Simpson, 1; W. M. Chinnery, 2. Won by 2 yards.

December 16, 1865. *At Brompton Ground.*

Half-Mile Handicap, open.—Final heat: P. M. Thornton, Jesus College, Cambridge (scratch), 1; J. G. Chambers,

Trinity College, Cambridge (35 yards), 2; H. J. Chinnery, London A. C. (15 yards), 3. Won by 5 yards; same between second and third. Time, 2 minutes 2½ seconds. *Two Miles Walking Race, open.*—J. Westell, Ariel R. C., 1; B. F. Slater, West London R.C., 2.—A. D. Houseman, West London R.C., and H. B. Kent, North London R.C., passed the post first and second respectively, but were disqualified. Time, 16 minutes 42½ seconds.

November 3, 1866. *At Brompton Ground.*

Prizes presented by F. W. Bryant, J. Tyler, and A. D. Houseman, Esqrs.

Quarter Mile Handicap, open.—Final heat: E. A. Hoare, Tonbridge School (28 yards), 1; Sydenham Dixon, Civil Service (35 yards), 2; J. K. Paulin, Thames R.C. (24 yards), 3. Won by half a foot; one between second and third. Time, 51½ seconds. 100 *Yards.*—Final heat: W. M. Chinnery, 1; R. Niblett, 2. Won by 2 feet. Time, 11 seconds.

March 16, 1867. *At Brompton Ground.*

Prizes presented by F. W. Bryant, J. Tyler, and A. D. Houseman, Esqrs.

300 *Yards Handicap, open.*—Final heat: H. Stevenson, German Gymnastic Society (22 yards), 1; E. J. Colbeck, London A. C. (scratch), 2; C. C. Ross, Trinity College, Cambridge (9 yards), 3. Won by 1 yard; 1½ between second and third. Time, 35 seconds. *Quarter Mile Handicap.*—H. Bright (50 yards), 1; W. L. Slater (32 yards), 2. Won easily. Time, 58 seconds. *Four Miles Walking Handicap, open.*—R. M. Williams, Civil Service (90 seconds), 1; G. C. Whiteley, St. John's College, Cambridge (100 seconds), 2; J. Westell, Ariel R.C. (40 seconds), 3. Won by 12 yards. Time, 34 minutes 8 seconds.

November 16, 1867. *At Brompton Ground.*

Prizes presented by F. W. Bryant, J. Tyler, and A. D. Houseman, Esqrs. Third prize for open quarter mile handicap, by J. Gurney, Esq.

Quarter Mile Handicap, open.—Final heat: W. Page, Thames R.C. (31 yards), 1; C. Dixon, Middlesex A.C. (36 yards), 2; Captain Garnier, Royal Engineers (28 yards), 3. Won by 3½ yards; 1 between second and third. Time,

53 seconds. 300 *Yards Handicap.*—Final heat: W. M. Chinnery (scratch), 1; W. Smith, jun. (16 yards), 2. Won by 3 yards. Time, 36 seconds.

Section IV.—London Athletic Club.

This now well-known club owed its origin, in the summer of 1863, to a number of gentlemen, chiefly connected with the City; who, feeling the want of combination in athletics, held several meetings for sports confined to themselves and their friends. The success which attended their efforts encouraged them to form a club, which soon became well known, by the title of the "Mincing Lane Athletic Club." This title was, on the influx into the club of many University and Civil Service athletes, changed, in 1866, into the "London Athletic Club."

The 220 *Yards Challenge Cup*

Was presented to the Club by the late President, Mr. W. J. Thompson, in 1864.

Dates of Races.	Names of Winners.	Beaten Men.	Time.
12 Nov. 1864	J. A. Chandler	A. Stratton	Uncertain; from 26 to 27 seconds.
18 March, 1865	J. A. Chandler	A. Stratton	
Aug. 1865	J. A. Chandler	A. C. Rhodes	
25 Nov. 1865	W. A. Simpson	Walked over, Chandler declining to run	
24 Feb. 1866	P. M. Thornton	W. A. Simpson	24 seconds.

P. M. Thornton resigned in May, 1866, and the Cup was put up to competition.

19 May, 1866	C. G. Emery	W. A. Simpson, A. C. Rhodes, and F. M. Hartung	23½ seconds.
25 Aug. 1866	W. Collett	C. G. Emery	24½ seconds.
24 Nov. 1866	W. Collett	C. G. Emery	23 seconds.
2 March, 1867	W. Collett	C. G. Emery	23½ seconds.
31 May, 1867	E. J. Colbeck	W. Collett	22¾ seconds.*
30 Aug. 1867	E. J. Colbeck	Unchallenged	
30 Nov. 1867	E. J. Colbeck	Walked over, W. Collett challenged but did not start.	
29 Feb. 1868	E. J. Colbeck	Unchallenged.	

* The fastest amateur time on record.

Walking Challenge Cup.

Presented by Mr. H. R. Bullock in 1864, for a ten miles' walking race.

July 30, 1864.—J. B. Frost,*	1.	Time, 1 hour 34 min.
„ G. T. Chinnery,	2.	Several others competed.
Sept. 31, 1865.—H. L. Johnston,*	1.	Time, 1 hour 30 minutes 30 sec.
„ G. T. Chinnery,	2.	Several others competed.

July, 1866.—J. Westell, w.o.
Distance changed to 7 miles.
March 2, 1867.—W. Rye, 1. Beat J. Westell by 70 yards. Time, 59 minutes 34 sec.
August 30, 1867.—W. Rye walked over, doing the distance in 59 minutes 33 seconds, easily.
„ R. M. Williams had challenged, but was unable, through illness, to compete.
Feb. 29, 1868.—S. P. Smith, w.o.*
Aug. 29, 1868.—T. W. Thompson, w.o.

The first meeting appears to have been held on June 31, 1863, at the Brompton Ground, with the following results:

100 *Yards.*—Final heat: A. C. Rhodes, 1; J. R. Bromley, 2; M. Harrison, 3. Won by a yard and a half. 250 *Yards.*—Final heat: F. Ringer, 1; G. Carpmael, 2; — Cocks, 3. Won by a yard and a half. 500 *Yards.*—A. C. Rhodes, 1; — Bergeman, 2; F. Farran, 3. Won easily. *One Mile.*—H. L. Johnston, 1; — Cocks, 2; M. Hawtrey, 3. Won by 20 yards.

September 19, 1863. *At Brompton Ground.*

100 *Yards.*—Final heat: J. M. Harrison, 1; J. R. Bromley, 2; — Hodgson, 0; A. C. Rhodes, 0. Won by half a yard. 250 *Yards.*—Final heat: C. Bergeman, 1; F. Ringer, 2; H. Pinkney, 3. Won easily. *Quarter Mile.*—A. C. Rhodes, 1; J. M. Harrison, 2; L. Griffiths, 3. Won by a foot. *One Mile.*—H. Cocks, 1; H. Flint, 2; J. Gittins, 0. Won by two yards. Time, 5 minutes 30 seconds. *Two Miles Challenge Cup.*—H. L. Johnston, 1; J. Griffiths, 2. Won easily. Time, 11 minutes 30 seconds. 140 *Yards Hurdle Race.*—L. Griffiths, 1; J. Hodgson, 2. Won easily. *Wide Jump.*—S. Hodgson, 1; R. Balman, 2.

* Resigned when challenged.

November 14, 1863. *At Brompton Ground.*

Quarter Mile Handicap.—Final heat: — Bergeman (15 yards), 1; M. Harrison (15 yards), 2; F. Ringer (33 yards), 3. Won by a yard. *Two Miles Challenge Cup.*—H. L. Johnston (the holder), 1; L. Griffiths, 2. Won easily. Time, 11 minutes 9 seconds. 150 *Yards Handicap.*—J. M. Harrison (scratch), 1; — Robson (10 yards), 2; — Clifford (5 yards), 0. Won by three yards.

April 9, 1846. *At Prince of Wales' Ground, Bow.*

100 *Yards.*—Final heat: J. R. Bromley, 1; A. C. Rhodes, 2. Won easily. *One Mile Handicap.*—H. L. Johnston (scratch), 1; J. G. Parker (30 yards), 2. Won by thirty yards. *Throwing the Cricket Ball.*—Hodgson (91 yards), 1. 120 *Yards Hurdle Race.*—Final heat: Jones, 1; Boswell, 2. Won easily. *Two Miles Walking Race.*—C. D. T. Willaume, 1; A. Cooper, 2. Won easily. Time, 18 minutes 47 seconds. *Quarter Mile Handicap.*—J. M. Harrison (scratch), 1; Armstrong (16 yards), 2. Won easily. *Wide Jump.*—J. M. Harrison (17 feet), 1.

May 21, 1864. *At Prince of Wales' Ground, Bow.*

100 *Yards.*—Final heat: A. Stratton, 1; J. A. Chandler, 2; L. Griffiths, 3. Won by two yards. 220 *Yards Challenge Cup.*—Final heat: A. C. Rhodes, 1; J. R. Bromley, 2. Won by four yards. *Two Miles Walking Handicap.*—J. Frost (320 yards), 1; W. Nathan (230 yards), 2; G. T. Chinnery (150 yards), 3. Won easily. 100 *Yards Hurdle Race.*—Final heat: A. Stratton, 1; J. Moul, 2; C. Shayler, 3. Won easily. *High Jump.*—J. Moul (4 feet 10 inches), 1. *One Mile Race.*—W. M. Chinnery, 1; W. Armstrong, 2. Won easily. 140 *Yards, open.*—W. H. T. Hawley, Twickenham R. C., 1; — Bond, West London R. C., 2. Won easily.

July 30, 1864. *At Prince of Wales' Ground, Bow.*

120 *Yards.*—Final heat: J. Brewty, 1; J. R. Bromley, 2. Won easily. *Quarter Mile.*—A. Stratton, 1; W. Hawley, 2; J. H. Lee, 3. Won by three yards. *One Mile Race.*—W. M. Chinnery, 1; W. Armstrong, 2. Won very easily. *Ten Miles Walking Challenge Cup,*—J. Frost, 1; G. T. Chinnery, 0; H. Nathan, 0. The latter led the greater part of the way, but was eventually passed by Chinnery and Frost, the latter taking first place two laps from

home, and winning by eight yards. Time, 1 hour 34 minutes.

November 12, 1864. *At Prince of Wales' Ground, Bow.*

100 *Yards.*—Final heat: J. A. Chandler, 1; J. R. Bromley, 2. Won by two yards. 220 *Yards Challenge Cup.*—Final heat: J. A. Chandler, 1; J. R. Bromley, 2. Won easily. *Two Miles Walking Handicap.* — B. F. Slater (120 yards), 1; H. Nathan (scratch), 2; J. H. Lee (135 yards), 3. Won easily. Time, 16 minutes 46 seconds. *One Mile Handicap.*—J. G. Parker (65 yards), 1; W. M. Chinnery (scratch), 2. Won easily. Time, 4 minutes 55 seconds. *Quarter Mile Handicap.*—H. J. Chinnery (17 yards), 1; T. Gittins (31 yards), 2. Won by two yards. 140 *Yards, open.*—Final heat: W. A. Simpson, West London R. C., 1; — Buck, 2. Won by two yards.

March 18, 1865. *At Prince of Wales' Ground, Bow.*

100 *Yards.*—J. M. Harrison, 1; H. L. Edwards, 2. Won by a yard and a half. 220 *Yards Challenge Cup.*—J. A. Chandler (holder), 1; A. Stratton, 2. Won by two yards. *Quarter Mile Handicap.*—J. M. Harrison (3 yards), 1; B. F. Slater (20 yards), 2. Won easily. Time, 56 seconds. *Half Mile, open.*—W. M. Chinnery, London A. C., 1; B. F. Slater, West London R. C., 2. Won easily, in spite of a fall. Time, 2 minutes 17 seconds.

April 22, 1865. *At Lord's Cricket Ground.*

100 *Yards, open.*—Final heat: J. Brewty, Civil Service, 1; M. E. Jobling, Civil Service, 2; W. A. Simpson, West London R. C., 3. Won by a foot. Time, 10¾ seconds. *Quarter Mile, open.*—Final heat: H. J. Chinnery, London A. C., 1; A. C. Rhodes, London A. C., 2. Won by a foot. Time, 56½ seconds. *One Mile, open.*—W. M. Chinnery, London A. C., 1; H. L. Johnston, London A. C., 2. Won easily. Time, 4 minutes 52 seconds. *Two Miles Walking Race.*—G. T. Chinnery, 1; F. Mark, 2. Won by sixty yards. Time, 17 minutes 26 seconds. *High Jump.*—J. M. Harrison, 1. 220 *Yards Hurdle Race.*—J. M'Namara, 1; J. M. Harrison, 2. Won easily. *Wide Jump.*—J. M'Namara (17 feet 5 inches), w. o. 300 *Yards Handicap.*—A. C. Rhodes (8 yards), 1; W. A. Simpson (2 yards), 2; W. L. Slater (15 yards), 3. Won easily. Time, 35¼ seconds.

September 30, 1865. *At Prince of Wales' Ground, Bow.*

Putting the Weight.—E. Butler (22 feet 1 inch), 1. 100 *Yards Race.*—Final heat: A. C. Rhodes, †, †, 1; W. A. Simpson, †, †, 2. Three deadheats were run, but the judge eventually decided in favour of Rhodes. 500 *Yards.*—W. M. Chinnery, 1; E. Fuller, 2. Won easily. Time, 1 minute 8 seconds. 150 *Yards Handicap.*—Final heat: W. G. Woolston (17 yards), 1; F. Gittins (17 yards), 2; A. Stratton (6 yards), 3. Won easily. Time, 15¾ seconds. 100 *Yards Hurdle Race.*—E. Butler, 1; A. Stratton, 2; J. R. Jenkins, 3. Won easily. Time, 12½ seconds. *Ten Miles Walking Challenge Cup.*—H. L. Johnston, 1; G. T. Chinnery, 2. Won by 120 yards. Time, 1 hour 33 minutes 30 seconds.

November 25, 1865. *At Brompton Ground.*

220 *Yards Challenge Cup.*—W. A. Simpson, w.o. J. A. Chandler declined to start, on the grounds that he had already held the cup for the stipulated period. *One Mile Handicap, open.*—W. A. Simpson, West London R. C. (160 yards), 1; W. M. Chinnery, London A. C. (25 yards), 2; R. E. Webster, Cambridge University A. C. (scratch), 3. Won by six yards. Time, 4 minutes 33 seconds. *Quarter Mile Handicap, open.*—H. H. Witty, Ariel R. C. (60 yards), 1; H. J. Chinnery, London A. C. (28 yards), 2; R. E. Webster, Cambridge University A. C. (36 yards), 3. Won by two yards. Time, 51¼ seconds. *One Mile Walking Handicap.*—G. T. Chinnery (30 yards), 1; F. C. Barker (30 yards), 2; F. Mark (30 yards), 3. Won by ten yards. Time, 7 minutes 50 seconds. 120 *Yards Handicap.*—Final heat: C. Baines (10 yards), 1; H. H. Moseley (10 yards), 2. Won by a yard. Time, 11½ seconds. 100 *Yards.*—W. A. Simpson, 1; C. H. Prest, 2; W. Collett, 3. Won by two yards. Time, 10½ seconds.

February 24, 1866. *At Brompton Ground.*

220 *Yards Challenge Cup.*—Final heat: P. M. Thornton, 1; W. A. Simpson (holder), 0. Won by half a yard. Time, 24 seconds. *Quarter Mile Handicap.*—Final heat: K. T. Digby (40 yards), 1; W. A. Simpson (28 yards), 2; F. C. Barker (40 yards), 3. Time, 52½ seconds. *Four Miles Walking Handicap.*—E. G. Boor (225 yards), 1; G. T. Chinnery (55 yards), 2. Won by 18 yards. Time, 34 *minutes 55 seconds.* 130 *Yards Handicap.*—Final heat:

G. P. Butcher (12 yards), 1; M. E. Jobling (scratch) †, †; 2; J. H. Lee (10 yards) †, †, 3. Won easily. Time, 13¼ seconds. *One Mile Handicap.*—W. M. Chinnery (scratch), 1; F. Witty (130 yards), 2. Won easily. Time, 4 minutes 39 seconds.

May, 19, 1866. *At Beaufort House.*

All open races except the 220 Yards Challenge Cup and Quarter Mile Handicap.

Wide Jump.—J. Macnamara, Civil Service (17 feet 10½ inches), 1; F. Green, Kingston R. C. (17 feet 3½ inches), 2. *Putting the Weight*, 18 *lbs.*—C. Fraser, Glenlivat A. C. (32 feet 1 inch), 1. 220 *Yards Challenge Cup.*—C. G. Emery, 1; W. A. Simpson, 2. Won by 5 yards. Time, 23¼ seconds. *Two Miles Walking Handicap.*—J. A. Jobling, London A. C. (160 yards), 1; W. Rye, Thames R. C. (scratch), 2; T. W. Thompson, London R. C. (20 yards), 3. Won by 80 yards. Time, 16 minutes 14 seconds. 150 *Yards Handicap.*—Final heat: J. B. Martin, Exeter College, Oxford (6 yards), 1; C. G. Emery, Civil Service (2 yards), 2; R. J. Jenkins, London A. C. (15 yards), 3. Won by 6 inches. Time, 15 seconds. 250 *Yards Hurdle Race.*—Final heat: J. B. Martin, Exeter College, Oxford, 1; C. G. Emery, Civil Service, 2. Won easily. Time, 37 seconds. *Quarter Mile Club Handicap.*—Final heat: A. King (18 yards), 1; A. C. Rhodes (10 yards), 2; H. J. Chinnery (scratch), 3. Won by 5 yards. Time, 54 seconds. *One Mile Handicap.*—F. Witty, London A. C. (140 yards), 1; Viscount Melgaud, Trinity College, Cambridge (120 yards), 2; W. M. Chinnery, London A. C. (scratch), 3. Won by 20 yards. Time, 4 minutes 31 seconds.

September 29, 1866. *At Brompton Ground.*

100 *Yards Handicap.*—Final heat: G. H. Jupp (7 yards), 1; R. J. Jenkins (8 yards), 2; C. G. Emery (1 yard), 3. Won by three quarters of a yard. Time, 10¼ seconds. *Half Mile Handicap.*—T. J. Seel (45 yards), 1; A. King (24 yards), 2; F. C. Barker (30 yards), 3. Won by three quarters of a yard. Time, 2 minutes ¾ sec. *Quarter Mile Handicap*—members who had not won a club prize.—Final heat: E. J. Colbeck (18 yards), 1; W. Brent (37 yards), 2; E. H. Kerwin (45 yards), 3. Won by 2 yards. Time, 52¾ seconds. *Two Miles Handicap.*—F. Witty (160 yards), 1; H. L. Johnston (130 yards), 2; E. G. Boor (170 yards), 3. Won easily. Time, 10 minutes 33 seconds.

November 24, 1866. *At Brompton Ground.*

220 *Yards Challenge Cup.*—W. C. Collett (holder), 1; C. G. Emery, 2. Won by 4 yards. Time, 23 seconds. *One Mile Walking Handicap.*—W. Rye (scratch), 1; C. King (110 yards), 2. By a yard. Time, 7 minutes 37 seconds. *Half Mile Handicap, open.*—Final heat: W. Gilmour, London A. C. (110 yards), 1; H. C. Riches, Stella R. C. (55 yards), 2; W. Brent, London A. C. (60 yards), 3. Won by a dozen yards. Time, 1 minute 55 seconds. 250 *Yards Handicap.*—Final heat: J. K. Barnes (9 yards), 1; G. P. Butcher (12 yards), 2; Lieut.-Col. Wynne (7 yards), 3. Won by 3 yards. Time, 26¼ seconds.

February 16, 1867. *At Brompton Ground.*

120 *Yards Handicap.*—Final heat: A. Williams (7 yards), 1; W. G. Woolston (5½ yards), 2; J. A. Harwood (6½ yards), 3. Won by 2 yards. Time, 12½ seconds. *Quarter Mile Novice's Race.*—E. Fox, 1; F. W. Smith, 2; C. E. Catling, 3. Won by 2½ yards. Time, 58 seconds. *One Mile Handicap.*—J. G. Webster (95 yards), 1; W. Gilmour (75 yards), 2; J. G. Parker (85 yards), 3. Won by 10 yards; four between second and third. Time, 4 minutes 33 seconds. 400 *Yards Handicap.*—C. G. Emery (18 yards), 1; J. K. Paulin (9 yards), 2; E. J. Colbeck (scratch), 3. Won by 3 yards; same between second and third. Time, 47 seconds. *Half Mile, open.*—C. F. May, West London R.C., 1.

March 2, 1867. *At Brompton Ground.*

220 *Yards Challenge Cup.*—Final heat: W. Collett (holder), 1; C. G. Emery, 2. Won by 2 yards. Time, 23½ seconds. 200 *Yards Handicap.*—Final heat: E. J. Colbeck (6 yards), 1; J. A. Harwood (12 yards), 2. Won by a yard. Time, 20½ seconds. *Seven Miles Walking Challenge Cup.*—W. Rye, 1; J. Westell (holder), 2. Won by 20 seconds. Time, 59 minutes 34 seconds.

April 27, 1867. *At Beaufort House.*

All open races except 150 Yards and One Mile Handicaps, and 600 Yards Challenge Cup.

150 *Yards, members only.*—Final heat: R. L. Willoughby (8 yards), 1; H. L. Nicholas (8 yards), 2; T. V. Dawson *(12 yards), 3.* Won by a yard; 6 inches between second

and third. Time, 15 seconds. 200 *Yards Hurdle Handicap.*—Final heat: W. G. Grace, M.C.C. (4 yards), 1; A. Hillyard, Pembroke College, Oxford (scratch), 2; A. King, Merton College, Oxford (3 yards), 3. Won by 3 yards; 1 between second and third. Time, 31½ seconds. *Three Miles Walking Handicap.*—R. M. Williams, Civil Service (scratch), 1; T. Griffith (40 seconds), 2; W. F. Beaufort, Civil Service (50 seconds), 3. Won by 30 yards. Time, 24 minutes 12 seconds. *Quarter Mile.*—Final heat: G. H. Bolland, Royal Engineers (28 yards), 1; C. G. Emery, Civil Service (22 yards), 2; H. C. Riches, Stella R.C. (15 yards), 3. Won by a yard. Time, 52 seconds. *High Jump.*—F. W. Parsons, Magdalen College, Oxford (5 feet 7 inches), 1; R. W. Smith, Royal Artillery (5 feet 6¾ inches), 2. *One Mile Handicap, members only.*—J. B. Martin (scratch), 1; W. Gilmour (15 yards), 2; J. G. Webster (15 yards), 3. Won by half a yard; a dozen between second and third. Time, 4 minutes 43 seconds. 600 *Yards Challenge Cup, members only.**—E. J. Colbeck, 1; J. K. Paulin, 2. Won by a yard and a half. Time, 1 minute 19½ seconds. *Four Miles Handicap.*—J. W. Fletcher, Pembroke College, Oxford (scratch), 1; J. A. Allanson, Civil Service (60 seconds), 2; J. A. Jobling, London A.C. (70 seconds), 3. Won by 30 yards. Time, 21 minutes 58 seconds.

August 30, 1867. *At Brompton Ground.*

100 *Yards Handicap.*—Final heat: R. L. Willoughby (3 yards), 1; E. J. Colbeck (scratch), 2. Won by 1 yard. Time, 10¼ seconds. *Seven Miles Walking Challenge Cup.*—W. Rye, w. o. Time, 59 minutes 13 seconds. R. M. Williams prevented by ill health from competing.

October 12, 1867. *At Brompton Ground.*

Putting the Weight.—W. F. P. Moore (34 feet 4 inches), 1; P. Halkett (31 feet 1 inch), 2. 130 *Yards Handicap.*—Final heat: G. H. Jupp (6 yards), 1; C. Hanbury (8½ yards), 2; H. A. Sarl (8 yards), 3. Won by 6 inches; a foot between second and third. Time, 13 seconds. *One Mile Handicap, open.*—C. Dunt, S. Norwood A.C. (150 yards), 1; J. C. Smith, Willesden C.C. (130 yards), 2; A.

* This cup has now become the absolute property of Mr. Colbeck, as he was never challenged for it.

Maddock, Richmond C.C. (50 yards), 3. Won by 3 yards; 5 between second and third. Time, 4 minutes 30¼ seconds. 120 *Yards Hurdle Handicap.*—E. J. Colbeck (scratch), 1; C. E. Catling (11 yards), 2. Won by 6 inches. Time, 17½ seconds. *Quarter Mile Handicap.*—Final heat: H. J. Homer (14 yards), 1; F. M. Hartung (17 yards), 2; J. Elphinstone (16 yards), 3. Won by 2½ yards; half a yard between second and third. Time, 54 seconds. *Wide Jump.*—E. J. Colbeck (17 feet 6 inches), 1. *Half Mile.*—E. J. Colbeck, 1; A. King, 2. Won by 3 yards. Time, 2 minutes 6 seconds.

November 30, 1867. *At Brompton Ground.*

Rain fell incessantly during the afternoon.

150 *Yards Handicap.*—Final heat: H. A. Sarl (9 yards), 1; G. H. Jupp (6½ yards), 2; J. M. Burke (9 yards), 3. Won by a foot; 2 between second and third. Time, 15 seconds. *Half Mile Handicap, open.*—Final heat: H. J. Homer, London A.C. (30 yards), 1; C. F. May, West London R.C. (60 yards), 2; C. Dunt, S. Norwood A.C. (28 yards), 3. Won by 6 yards. Time, 2 minutes 6 seconds. Prizes were given to E. G. Simpson, North Durham R.C. (35 yards); A. King, Thames R.C. (12 yards); J. W. Harris, Middlesborough Amateur R.C. (35 yards); and H. C. Lewis, Twickenham R.C. (35 yards), for winning their heats. *Two Miles Walking Handicap, open.*—S. P. Smith, London A.C. (25 seconds), 1; T. Griffith (25 seconds), 2; W. Rye, Thames R. C. (scratch), 3. Won easily. Time, 15 minutes 15 seconds.

February 29, 1868. *At Beaufort House.*

Heavy rain fell throughout the afternoon.

100 *Yards Handicap.*—Final heat: G. P. Butcher (4 yards), 1; M. E. Jobling (2 yards), 2; H. R. Colbeck (7 yards), 3. Won by 2 feet; 1 between second and third. Time, 11⅕ seconds. 600 *Yards Handicap.*—J. Elphinstone (25 yards), 1; W. M. Chinnery (scratch), 2; R. Bagley (35 yards), 3. Won by 2⅓ yards; 4 between second and third. Time, 1 minute 22⅘ seconds. *Two Miles Novices' Walking Race.*—T. C. Collett, 1; E. B. West, 2. Won by 10 yards. Time, 18 minutes 46 seconds. *Two Miles Handicap.*—E. Hawtrey (35 seconds), 1; W. Gilmour (10 seconds), 2. Won easily. Time, 11 minutes 10 seconds.

April 25, 1868. *At Beaufort House.*

150 *Yards Handicap.*—Final heat: C. Mead (11 yards), 1; F. M. Hartung (10½ yards), 2; J. K. Barnes (scratch), 3. Won by a yard; half a yard between second and third. Time, 15⅘ seconds. *Half Mile Novices' Race.*—M. T. B. Macpherson, 1; A. C. Tiley, 2. Won by fifteen yards. Time, 2 minutes 14 seconds. 200 *Yards Handicap Hurdles, open.*—Final heat: W. F. Eaton, Civil Service (scratch), 1; M. E. Jobling, Civil Service (2 yards), 2. Won by two yards. Time, 30 seconds. 100 *Yards, open.*—E. J. Colbeck, London A. C., 1; J. K. Barnes, London A. C., 2. Won by a yard. Time, 10⅕ seconds. *High Jump, open.*—J. A. Harwood, London A. C. (5 feet 4 inches), 1. *Quarter Mile Handicap, members only.*—Final heat: E. J. Colbeck, (scratch), 1; H. J. Chinnery (18 yards), 2; M. T. B. Macpherson (35 yards), 3. Won by five yards; a foot between second and third. *Three Miles Walking Handicap, open.*—E. B. Michell, Amateur A. C. (1 minute 20 seconds), 1; H. F. Wilkinson, Civil Service (2 minutes 30 seconds), 2; W. Rye, Thames R. C. (scratch), 3. Won by 12 yards; seventy between second and third. Time, 24 minutes 4 seconds. *One Mile Handicap, members only.*—E. Hawtrey (105 yards), 1; C. F. May (115 yards), 2; G. A. Templer (160 yards), 3. Won by twenty-five yards; eight between second and third. Time, 4 minutes 26⅘ seconds.

SECTION V.—*Thames Rowing Club.*

First Meeting, March 17, 1866. *At Prince of Wales' Ground, Bow.*

100 *Yards.*—Final heat: J. Foster, 1; E. A. King, 2. Won by a yard. Time, 12 seconds. *Quarter Mile.*—J. K. Paulin, 1; W. Page, 2. Won by three yards. Time, 56 seconds. *Half Mile Handicap.*—J. K. Paulin (scratch), 1; W. Page (10 yards), 2. Won by 6 yards. Time, 2 minutes 15 seconds. 150 *Yards, open.*—Final heat: W. A. Simpson, West London R. C., 1; A. King, London A. C., 2. Won by two yards. Time, 10¼ seconds.

February 23, 1867. *At Brompton Ground.*

150 *Yards.*—Final heat: J. K. Paulin, 1; W. G. Woolston, 2. Won by a yard. 220 *Yards Hurdle Race.*—J. K. Paulin, 1; A. King, 2. Won by four yards. Time, 31 seconds. *High Jump.*—J. A. Harwood (4 feet 6 inches), 1.

Half Mile Handicap.—B. F. Slater (80 yards), 1; J. H. Sykes (90 yards), 2. Won by six yards. Time, 1 minute 59 seconds. *Two Miles Walking Handicap.*—W. Talbot (200 yards), 1; J. Catty (200 yards), 2. Won by twelve yards. Time, 17 minutes 37 seconds.

March 21, *at Lower Park, Putney Hill.*

150 *Yards Handicap.*—Final heat: C. Mead (10 yards), 1; W. Page (5 yards), 2. Won by a yard and a half. *Handicap High Jump.*—J. A. Harwood (5 feet 5 inches), 1. *Half Mile Handicap.*—W. C. Cross (40 yards), 1; J. A. Roby (60 yards), 2. Won by two yards. *Two Miles Walking Handicap.*—W. Rye (scratch), 1; W. S. Talbot (1 minute), 2. Won easily. Time for one mile, 7 minutes 44 seconds.

OPEN HANDICAP STEEPLE CHASES.

I.—*December* 7, 1867.

About two miles from Beverley Bridge to the Rounds at Wimbledon, and thence to the windmill on Wimbledon Common.

W. C. Cross (20 seconds), Thames R. C. 1
C. E. Rainsford (36 seconds), Middlesex A. C. . . 2
J. G. Webster (30 seconds), Twickenham R. C. . 3

Won by fifteen seconds. Winner's time, 20 minutes 14¾ seconds.

II.—*February* 1, 1867.

Two miles and a quarter from the drying-ground at Roehampton round the windmill on Wimbledon Common, finishing at the "Old Well House," Rochampton.

A. King, Thames R. C. (25 seconds) 1
J. G. Webster, Twickenham R. C. (20 seconds) . 2
F. Chappell, Kingston R. C. (50 seconds) . . . 3

Won by two yards; fifteen between second and third. Winner's time, 12 minutes 54⅕ seconds.

III.—*March* 21, 1868.

Two miles in Lower Park, Putney Hill.

H. C. Riches, Stella R. C. (35 seconds) 1
W. M. Chinnery, London A. C. (scratch) . . . 2
E. B. Michell, Amateur A. C. (25 seconds) . . . 3

Won by twenty-five yards; six between second and third. *Winner's time,* 12 minutes 25 seconds.

CHAPTER XI.

BEST PERFORMANCES ON RECORD.

SECTION I.—THE "CAPTAIN BARCLAY" FEAT.

THE following is the *only* occasion on which the feat of walking one thousand miles in one thousand consecutive hours has ever been performed, although it has been *said* to have been accomplished on several occasions. Such attempts were, however, only gate-money affairs, got up for some professional. Neither is it true that 1000 miles have ever been walked in 1000 successive half hours. In the following instance there can be no possible doubt, as Captain Barclay was accompanied by umpires, and watched throughout most carefully, the time of starting and completing each mile being entered in a register, signed by the umpire in attendance, and published.

* In October, 1808, the late Captain Barclay, of Ury, made a match, for 1000 guineas, with the late Wedderburn Webster, Esq., to walk one thousand miles in one thousand consecutive hours, Newmarket Heath to be the place, and the start to be at noon on June 1, 1809. Previously to this arduous match, he went to Brighton for the sake of sea-bathing and fresh air, and arrived at Newmarket on May 30, 1809. The ground had been marked out on a public road leading from the house of Mr. Buckle, where he lodged, and was by no means adapted for the purpose. His resting apartment was on the ground floor facing south, and only separated from the kitchen by a small room, where the attendants sat. On the sixteenth day, he removed to new lodgings near the 'Horse and Jockey,' and shifted his ground, walking across the Norwich road up the Heath, half a mile out and home. He was about twenty-six years of age at the time, weighed 13st. 4lbs. at starting, and lost 2st. 4lbs. during the match. Towards

* The above particulars are extracted from the old Aberdeen edition of Captain Barclay's performances, published in 1813. Rodney Napier, Esq., of Grayfield, Montrose, North Britain, kindly lent the author a copy of this very rare work, which is now out of print, and not even in the Library of the British Museum.

the conclusion, the spasmodic affections in his legs were particularly distressing; but his appetite continued as good as ever. To his good digestion the successful accomplishment of the match may be largely ascribed. He breakfasted after returning from his walk at 5 A.M., when he ate a roast fowl, drank a pint of strong ale, then took two cups of tea and some bread and butter. The luncheon hour was noon, that meal consisting of beefsteaks and mutton chops on alternate days, with porter and two or three glasses of port wine for drinkables. He dined at 6 P.M., either on roast beef or mutton chops, and such vegetables as were in season; and took supper at 11 P.M. on a cold fowl. The quantity of animal food consumed was from five to six pounds daily. He walked with a limping gait, with little apparent exertion, and scarcely raised his feet more than two or three inches off the ground. His dress was adapted to the changeable state of the weather. Sometimes he walked in a flannel jacket, sometimes in a dark grey coat; but strong shoes and lambswool stockings were always worn. Throughout the match he never went to bed without undressing. Bets were from the commencement in his favour, and they gradually rose from 2 to 100 to 1 against time. The extraordinary performance was concluded at 3.37 P.M. on July 12, 1809, having lasted six weeks. Not a bed could be obtained in Cambridge, Newmarket, or any neighbouring towns the previous night, and every horse and vehicle was engaged. At the finish Captain Barclay was put into a hot bath for a few minutes, well dried in flannel, and put to bed at 4 P.M. He slept soundly till midnight, when some water gruel was taken and the pedestrian did not again wake until 9 A.M., at which hour he rose in perfect health and without pain. In four days' time he seemed as well as before starting, and joined the ill-fated Walcheren expedition, wherein he acted as aide-de-camp to the Marquis of Huntley. The average taken for the mile during each week was as follows, viz.:—

	M.	S.
First week	14	54
Second ,,	16	0
Third ,,	16	41
Fourth ,,	18	36
Fifth ,,	19	41
Sixth ,,	21	4

II.—Walking.

Except in the four cases mentioned, all the times, heights, and distances have been taken from *Bell's Life in London*.

No fastest professional times are given, as with the exception of C. Westhall, of London, G. Davidson, of Hoxton, and a few others, the style of "going" of many has been doubtful. It may be mentioned, however, that the first named performed the hitherto unbeaten feat of walking 21 miles and 147 yards* in 2 hours 59 minutes 1 second on the London and Cambridge road, at Newmarket, on Feb. 20, 1858. He also walked seven miles in 52 minutes 47 seconds on the Slough-road, Feb. 13, 1854. The greatest distance ever *fairly* walked in 1 hour was 7½ miles by the same pedestrian. This he accomplished at Slough in 58 minutes 25 seconds, on June 13, 1857.

Fastest Amateur Times on Record.

Distance.	Time.	Name and Club.	Age.	Weight.	Height.	Date and Place.	Number of cautions received.	Remarks.
	M. S.			St. lbs.	Ft. in.			
1 Mile.	6 55	W. Rye, London A. C.	24	10 8	5 10¼	April 30, 1868, West London Ground, Brompton.	None.	In a 2 mile private match, with J. E. Bentley, English Civil Service. Rye gave 30 seconds start and won easily.
2 Miles.	15 6	Do.	Do.	Do.	Do.	June 20, 1868, Beaufort House, Walham Green.	Do.	In champion meeting 7 miles race. 1 mile time; 7 minutes 18 seconds.
3 Miles.†	23 6‡	Do.	Do.	Do.	Do.	April 25, 1868, Beaufort House, Walham Green.	Do.	In London A. C. open 3 miles handicap, in which he started from scratch and finished third. 1 mile time, 7 minutes 14 seconds; 2 miles, 15 minutes 20 seconds.‡

* *Bell's Life* of Dec. 30, 1865, states the mile over which Westhall walked to have been at least seven yards more than the correct distance.

† As the correctness of this time was disputed, the next fastest has been inserted.

‡ These times are taken from *The Field* newspaper.

Fastest Amateur Times on Record—continued.

Distance.	Time.	Name and Club.	Age.	Weight.	Height.	Date and Place.	Number of cautions received.	Remarks.
	H. M. S.			st. lbs.	ft. in.			
3 Miles.	23 17	W. Rye, London A. C.	24	10 8	5 10½	June 20, 1868, Beaufort House, Walham Green.	One, at end of 2½ miles.	In champion meeting 7 miles race.
4 Miles.	31 43	Do.	Do.	Do.	Do.	Do.	Do.	Do.
5 Miles.	40 7	R. M. Williams, English Civil Service.	22	9 3	Do.	May 30, 1868, Beaufort House, Walham Green.	One, in last 100 yards.	Do. In English Civil Service 5 miles race.
								M. S. | M. S. 1 mile . 7 9 | 3 miles . 23 38 2 ,, . 15 26 | 4 ,, . 32 3
6 Miles.	48 52	W. Rye, London A. C.	24	10 8	Do.	June 20, 1868, Beaufort House, Walham Green.	One, at end of 2½ miles.	In champion meeting 7 miles race. 5 mile time, 40 minutes 10 seconds.
7 Miles.	57 40	Do.	Do.	Do.	Do.	Do.	Do.	Do. Do.
8 Miles.	1 8 50	F. Stuart.	24	10 0	5 11	March 11, 1865, Prince of Wales' Ground, Bow.	None.	In a 10 mile private match, with H. W. Petherick, whom he beat easily.
								M. S. | M. S. 1 mile . 7 50 | 5 miles . 42 30 2 ,, . 16 29 | 6 ,, . 51 10 3 ,, . 25 2 | 7 ,, . 59 52 4 ,, . 33 30 |
9 Miles.	1 17 45	Do.	Do.	Do.	Do.	Do.	Do.	Do. Do.
10 Miles.	1 26 37	Do.	Do.	Do.	Do.	Do.	Do.	Do. Do.
20 Miles.	3 20 50	Do.	23	Do.	Do.	April 23, 1864, Late Garrett Lane Ground, Wandsworth.	Do.	In a 50 mile race, beating T. W. Thompson, Beaufort, and A. Bridge, easily. Ten mile time, 1 hour 36 minutes 50 seconds.
50 Miles.	9 58 5	Do.	Do.	Do.	Do.	Do.	Do.	Do., inclusive of 36 minutes for refreshment.

Section III.—Running.

Fastest Professional Times on Record.

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Remarks.
	M. S.			st. lbs.	ft. in.		
100 Yards.	9½	G. Seward, Newhaven, Connecticut, U. S. of America.	27	10 9	5 7	September 30, 1844, on turnpike road, "Seven Stars" Inn, New Road, Hammersmith.	Beat W. Robinson, Newton Moor, by 2 yards. J. Howitt, Norwich, was timekeeper.
120 Yards.	11½	Do.	29	Do.	Do.	May 3, 1847, Emmerson's Ground, "The Old Hat," Ealing.	Beat C. Westhall, London, by 3 yards.
200 Yards.	19½	Do.	Do.	Do.	Do.	March, 22, 1847, F. Key's Ground, "The Duke of York," Gannick Corner, Barnet	Beat C. Westhall, London, by 2½ yards.
¼ Mile.	48½	H. A. Reed, London.	24	9 0	5 8	June 22, 1849, on turnpike road, "The Magpies," Harlington Corner, Houns ow.	Beat G. Seward, Newhaven, Connecticut, U. S. of America, by 15 yards.
600 Yards.	1 13	J. Nuttall, Manchester.	22	10 4	5 8	February 20, 1864, City Grounds, Manchester.	Beat S. Albison, Bowlee, by ½ yard, in a heavy snow storm and driving wind.
½ Mile.	1 55½	Do.	25	10 0	Do.	August 31, 1867, Copenhagen Grounds, Manchester.	Beat J. Fleet, Manchester, by 2 yards.
¾ Mile.	3 7	W. Richards, Millwall.	27	10 5	5 8½	June 30, 1866, Royal Oak Park, Manchester.	Beat J. Nuttall, Manchester; R. Mackinstray, Glasgow; and S. Albison, Bowlee, during pouring rain and high wind. ¾ mile time, 2 minutes 2 seconds.

Fastest Professional Times on Record—continued.

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Remarks.
	H. M. S.			st. lbs.	ft. in.		
1 Mile.	4 17¼	W. Richards, Millwall;	26	10 5	5 8½	August 19, 1865, Royal Oak Park, Manchester.	A dead-heat, beating R. Mackinstray, Glasgow; S. Albison, Bowlee; C. Mower, Dereham; P. Stapleton, Mossley; J. Sanderson, Whitworth; J. Nuttall and J. Neary, both Manchester; and E. Mills, London. ¼ mile time, 60 s.; ½ mile, 2 m. 5½ s.; ¾ mile, 3 m. 14 s. Dead-heat run off Aug. 26, 1865, when Lang won by 20 yards in 4 m. 22 s.
		W. Lang, Middlesborough.	26	9 10	5 8		
1½ Miles.	5 30	W. Lang, Middlesborough.	24	9 10	5 8	July 18, 1863, City Grounds, Manchester.	Beat J. White, Gateshead; P. Stapleton, Mossley, and S. Albison, Bowlee, easily. One mile time, 4 minutes 29 seconds.
1½ Miles.	6 50	J. Fleet, Manchester.	21	8 4	5 4½	February 23, 1867, Royal Oak Park, Manchester.	Beat J. Neary, Manchester; W. Richards, Millwall; I. Hughes, Newton Heath; and R. Mackinstray, Glasgow, easily.
2 Miles.	9 11¼	W. Lang, Middlesborough.	24	9 10	5 8	August 1, 1863, City Grounds, Manchester.	Beat J. Sanderson, Whitworth, by 6 yards. One mile time, 4 minutes 27 seconds.
3 Miles.	14 36	J. White, Gateshead.	25	7 10	5 2½	May 11, 1863, Hackney Wick.	Beat L. Bennett, Indian Reservation, Catterangus County, Canada; W. Lang, Middlesborough; E. Mills, London; P. Stapleton, Mossley; J. Brighton, Norwich; S. Barker, Billingsgate; W. Richards, Millwall; and H. Andrews, Holborn, easily, in a 10 mile race. One mile time, 4 m. 40 s.; two miles, 9 m. 39 s.
4 Miles.	19 36	Do.	Do.	Do.	Do.	Do.	Do. Do.
5 Miles.	24 40	Do.	Do.	Do.	Do.	Do.	Do. Do.

8 Miles* (less 30 yds.)	40 57	L. Bennett, Indian Reservation, Catterangus County, Canada.	37	11 12	5 9	April 3, 1863, West London Ground, Brompton.	In a 12 mile handicap, in which Bennett was scratchman. W. Lang, Middlesborough, who had 100 yards start, led by 30 at end of 8 miles, and eventually won by ½ a yard only.
9 Miles.*	46 15	Do.	Do.	Do.	Do.	Do.	Do. Do.
10 Miles.*	51 26	Do.	Do.	Do.	Do.	Do.	Do. Do.
11 Miles *	56 52	Do.	Do.	Do.	Do.	Do.	Do. Do.
12 Miles.*	1 2 2½	Do.	Do.	Do.	Do.	Do.	Do. Do.
15 Miles.	1 22 0	J. Howitt, Norwich.	31	7 8	5 2½	March 29, 1852, Old Copenhagen Ground, Islington.	In a 20 mile race, eventually won by J. Levett, Battersea. Howitt went to front at end of 3 miles, and led till the latter end of the 16th, when he was knocked up by lameness. 10 miles time, 53 m. 11 s.; 11 miles, 59 m. 20 s.
16 Miles.	1 32 19	T. Maxfield, Sheffield.	25	10 8	5 5	May 16, 1845, On a measured mile on turnpike road between Salt Hill and Burnham Lane, near Slough, Bucks.	In a match to run 20 miles in 2 hours, which he accomplished. Times as follows:— Miles. H. M. S. 2 ..... 0 10 12 4 ..... 0 21 5 6 ..... 0 32 12 8 ..... 0 43 34 10 ..... 0 55 16 12 ..... 1 7 22 14 ..... 1 19 28 Do. Do. Do. Do.
18 Miles.	1 45 21	Do.	Do.	Do.	Do.	Do.	
20 Miles.	1 58 30	Do.	Do.	Do.	Do.	Do.	

The greatest distance ever run in an hour was by L. Bennett, Indian Reservation, Catterangus County, Canada, at West London Ground, Brompton, on Feb. 23, 1863, in a match to run 11½ miles in an hour. He won the match, with 16 seconds to spare. Particulars of his age, weight, and height will be found in the above table. Times as follows:—

Miles.	M.	S.	Miles.	M.	S.	Miles.	M.	S.	Miles.	M.	S.
1	4	43	4	20	13	7	35	36	10	51	57
2	9	52	5	25	24	8	41	14	11	57	11
3	15	3	6	30	33	9	46	37	11½	59	44

* These times are taken from the *Sporting Life* newspaper.

Fastest Amateur Times on Record.

Distance.	Time.	Name and Club.	Age.	Weight.	Height.	Date and Place.	Remarks.
	M. s.			st. lbs.	ft. in.		
100 Yards.	10	W. M. Tennent, Liverpool A. C.	...	11 10	6 0	June 19, 1868, Beaufort House, Walham Green.	In 1st heat of champion meeting race.
120 Yards (less 1 yard).	11½*	Do.	...	Do.	Do.	November 19, 1867, Marston Road Ground, Oxford.	In final heat of Magdalen Hall, Oxford, strangers' handicap, wherein he received 1 yard and won easily.
150 Yards.	15½	J. H. Ridley, Cambridge University A. C.	...	...	...	November 23, 1867, Beaufort House, Walham Green.	In final heat of Amateur A.C. members' handicap, wherein he was at scratch, and just defeated on the post.
200 Yards (less ½ yard.)	20½	Do.	...	...	...	November 28, 1867, Marston Road Ground, Oxford.	In final heat of Jesus College, Oxford, 200 yards strangers' handicap, wherein he was at scratch and defeated by ½ a yard.
220 Yards.	22¾	E. J. Colbeck, London A. C.	19	12 1	5 11¾	May 31, 1867, West London Ground, Brompton.	In final heat of London A. C. 220 yards challenge cup.
300 Yards.	33½	W. Collett, London A. C.	23	10 11	5 9½	November 17, 1866, Prince of Wales' Ground, Bow.	In Victoria United Cricket Club strangers' handicap, wherein he was at scratch.
¼ Mile.	50⅘	E. J. Colbeck, London A. C.	20	12 4	5 11¾	June 20, 1868, Beaufort House, Walham Green.	In champion meeting race. He fell badly against a sheep, whereon *Bell's Life* remarks "Had the accident not occurred there is not the slightest doubt but that 50 seconds would have been beaten."
600 Yards.	1 15⅗	Do.	19	12 1	Do.	May 18, 1867, Beaufort House, Walham Green.	In English Civil Service strangers' race.
½ Mile.	2 2	Do.	20	12 4	Do.	June 19, 1868, Beaufort House, Walham Green.	In champion meeting race. ½ mile time, 59 seconds.

* This time is taken from *The Field* newspaper.

1 Mile.*	4	28¾†	W. C. Gibbs, Cambridge University A. C.	...	...		...		April 3, 1868, Beaufort House, Walham Green.	In Oxford and Cambridge race. ¼ mile time, 1 minute 26 seconds; ¾ mile, 3 minutes.†
1 Mile.	4	29	W. M. Chinnery, London A. C.	24	10	0	5	10¾	May 30, 1868, Beaufort House, Walham Green.	In English Civil Service strangers' race. ¼ mile time, 1 minute 22 seconds.
2 Miles.	10	0	R. L. N. Michell, Oxford University A. C.	20	10	10	6	0	April 12, 1867, Beaufort House, Walham Green.	In Oxford and Cambridge race. 1 mile time, 5 minutes 3 seconds.
3 Miles.	15	20½	J. H. Morgan, Oxford University A. C.	20	9	8	5	6½	April 3, 1868, Beaufort House, Walham Green.	In Oxford and Cambridge race. 1 mile time, 5 minutes 2 seconds; 2 miles, 10 minutes 18 seconds.
4 Miles.	21	11	W. M. Chinnery, London A. C.	24	10	0	5	10¾	June 20, 1868, Beaufort House, Walham Green.	In champion meeting race. 1 mile time, 4 minutes 57 seconds; 2 miles, 10 minutes 28 seconds; 3 miles, 16 minutes 3 seconds.

Section IV.—Jumping.

No reliable records of professional jumping without an artificial take off can be found.

Best Amateur Jumps on Record.

Description of Jump.	Height or Width. ft.	in.	Name and Club.	Date and Place.	Remarks.
Running High.	5	9	T. G. Little and J. H. T. Roupell, both Cambridge University A.C.	March 23, 1866, Beaufort House, Walham Green.	At champion meeting. A tie jump, neither being able to clear another inch. Take off on turf.
Running Wide.	21	4	A. C. Tosswill, Oxford University A. C.	March 14, 1868, Marston Road Ground, Oxford.	At Oxford University A. C. meeting. Take off on a springy path.
Pole.	10	6½	R. J. C. Mitchell, Manchester A. C.	June 19, 1868, Beaufort House, Walham Green.	At champion meeting. Take off on turf.

* As the correctness of this time was disputed, the next fastest has been inserted.
† These times are taken from *The Field* newspaper.

[redacted]

Frederick Warne & Co., Publishers.

NEW POPULAR SERIES OF BOOKS.

In fcap. 8vo, price ONE SHILLING each, 256 pp.,

PENNY READINGS,

IN PROSE AND VERSE,

TEN DISTINCT VOLUMES,

For the use of Members of Literary and Scientific Institutions, Recreation Societies, Mutual Improvement Associations, Mechanics' Institutes, Young Men's Societies, Working Men's Clubs, and all kindred Societies, and for the General Reader.

Compiled and Edited by J. E. CARPENTER,

TWELVE YEARS PUBLIC READER, LECTURER, AND ENTERTAINER AT THE PRINCIPAL LITERARY INSTITUTIONS IN GREAT BRITAIN.

A STANDARD WORK OF CHOICE READING.

In fcap. 8vo, cloth boards, price ONE SHILLING each, 256 pp.

Two Volumes (each sold separately).

Sunday Readings, in Prose and Verse,

Edited and arranged by J. E. CARPENTER.

Devoted in the main to Sacred Literature, but blended with Moral and Instructive Pieces of a Secular Character, all by Eminent Authors.

In Five Volumes crown 8vo, cloth extra, each 550 pp., price 2os.

POPULAR READINGS,

IN PROSE AND VERSE, BY J. E. CARPENTER.

Elegantly printed, paged throughout. Each volume indexed. With complete index of the series in Volume 5. With Steel Portrait of the Editor in Vol. I.

Either Volume (complete in itself) sold separately.

Bedford Street, Covent Garden.

Frederick Warne & Co., Publishers.

In limp cloth, 18mo, price 6*d.*

WARNE'S READY RECKONER.

Showing the value of any number of articles, &c., with numerous Commercial Tables, Wages Table, Rates of Postage, &c.

"Worth its weight in Gold. Excellent."—*The Press.*

In cloth, 1*s.*; leather, 1*s.* 6*d.*; 288 pp.

THE MODEL READY RECKONER.

Commences at 1-16th and extends to 30,000 Number.

This Ready Reckoner contains the greatest quantity of calculations ever given in a book of its size and price. A complete census of all Towns and Cities in England, Ireland, or Scotland (above 3,000); Interest, Commission, and Wages Tables, Commercial Forms, and the Bank of England rate of Discount for Thirty Years.

A Compendium of English Literature.

In 4 vols. crown 8vo, price 21*s.* cloth, new style, beautifully printed by BALLANTYNE & Co., with New Steel Illustrations.

HALF-HOURS WITH THE BEST AUTHORS.

A LIBRARY EDITION.

Remodelled throughout by its original Editor, CHARLES KNIGHT, with selections from authors added, whose works have placed them amongst the "Best Authors" since the publication of the First Edition.

In 2 vols. demy 8vo, price 10*s.* cloth; 12*s.* with gilt edges; or half-calf extra, 16*s.*

THE PEOPLE'S EDITION OF

HALF-HOURS WITH THE BEST AUTHORS.

Selected and Edited by CHARLES KNIGHT.

With Sixteen Steel Portraits.

In this Edition, the Biographies are revised to 1866, the Pagination of the Volumes completed, and the Serial Nature of the Original Work entirely done away with; it now forms a Handsome Library Book.

In 1 vol. demy 8vo, cloth 5*s.*; or half-calf extra, 8*s.*

HALF-HOURS OF ENGLISH HISTORY.

Selected and arranged by CHARLES KNIGHT.

Forming a Companion Volume to the "Half-Hours with the Best Authors."

Bedford Street, Covent Garden.

Frederick Warne & Co., Publishers.

A VALUABLE WORK FOR EVERY AGRICULTURIST.

In demy 8vo, price 12s. 6d., half-bound, 640 pp.,

THE

FARMER'S CALENDAR.

By J. CHALMERS MORTON,

AUTHOR OF "THE PRINCE CONSORT'S FARMS," "THE CYCLOPÆDIA OF AGRICULTURE," "FARMER'S ALMANACK," ETC.

A systematic Work on Farm Practice, accompanied by Explanations and References to Theory when necessary; but mainly and intentionally descriptive of actual Experience and Work in Field, Fold, and Farmery. It is fully illustrated with Wood Engravings of Buildings, Land Drainage, Machinery, and Plants.

Amongst the GENERAL CONTENTS *will be found—*

1. The whole work of all kinds of Farms is described in monthly succession, as step by step it occupies the attention of the Farmer throughout the year.

2. The Cultivation of all kinds of Soil—their Drainage, Tillage, and Manuring.

3. The Cultivation of all Farm Crops—food for man or beast—including the lesson of actual experience on the different varieties of each, and on the cultivation proper for each.

4. The Breeding, Rearing, and Feeding of all the Live Stock of the Farm, including a full account of the several breeds of Horses, Cattle, Sheep, and Pigs; of their respective peculiarities and merits; of the Management required by each; the value of t[illegible] foods and processes [illegible] the meat manufactur[illegible]

formation on Marketing, Localities, and Prices.

5. The Use of all kinds of Agricultural Tools and Machines—for Hand-work, Horse-labour, and Steam-power respectively; and the Economy of their employment.

6. The relation of the Farmer to the Landowner, the Labourer, and the Soil, including all questions of Rent, Lease, Tenant's Rights, Wages, Permanent Improvements of Land by Buildings, Roads, Drains, Fences, &c.; and its Current Cultivation by Implements, Plants, and Animals, receives full and systematic narration.

7. The Influence of Weather, which overrides and influences all, is given in great detail, month by [illegible]ce to 30 or 40 [illegible], Scotland, and

Bedfo[illegible]

Uniform, price One Shilling each.

THE

MODERN FENCER.

BY

T. GRIFFITHS.

With Twenty-four Pages of Plates.

THE

MODERN GYMNAST.

BY

CHARLES SPENCER.

With One Hundred and Twenty Practical Illustrations.

LONDON: FREDERICK WARNE & CO.